

SHOTOKAN

ADVANCED KATA

VOLUME 1

KEINOSUKE ENOEDA



SHOTOKAN

Advanced Kata

Disclaimer

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As the physical activities described or depicted herein may be overly taxing or sophisticated for the reader or readers, it is *essential that this advice be followed and a physician consulted.*

This high quality educational book is produced by Dragon Books Ltd. London England.

To facilitate learning, high definition photographs have been used throughout, from which distracting background material has been painstakingly removed by expert artists. Printed on fine paper, the book is sewn to allow it to lay flat for easy study without damaging the binding, and is protected against soiling by a laminated cover.

SHOTOKAN

Advanced Kata



Keinosuke Enoda 8th Dan

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手月
燕飛
魚因
觀空大
拔聖大



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Introduction to Kata

A dictionary definition of Karate Kata might read as follows:—

A form or exercise in the Japanese martial art of Karate-Do. The performance of a sequence of complex Karate techniques in a precise and regulated manner, in order to meet and repulse the imaginary attacks of multiple assailants. A method of teaching self defence through the use of Karate, a way of exercising and developing the body.

Such a definition, although precise and informative in the academic sense, does not even hint at the importance or the significance of Kata. In fact, the art of Karate itself was handed down to us from ancient times, largely in the form of Kata, each of which had been refined and perfected over the centuries by the practical experience in combat, and the dedicated practice of long dead Karate masters.

The existence of these elements of personal combat experience, the danger and uncertainty of the times and the consequent need for an effective method of self defence, allowed the Kata to survive in a practical form. Its enforced contact with reality, prevented the Kata degenerating into a meaningless theatrical performance of techniques. Thus it avoided the fate of some schools of Japanese swordsmanship, and other martial arts, that declined into shadows of their former selves during the relatively peaceful centuries of Tokugawa rule. But most important of all, it allowed the Kata to continue to perform their principal function of teaching practical, effective fighting methods.

The legacy of these ancient masters numbers in the region of fifty Kata, each of which reflects not only its time and place of origin, but also the preferences and attitudes of the originator and those who followed in his footsteps through the intervening centuries. Broadly speaking we can divide Kata into two distinct types, those emphasizing fast, light and evasive movements, and those favouring slow, powerful and direct techniques.

The first category teaches the student to control and co-ordinate the movements of his body accurately, and to move fast and effectively with correct timing. The second builds bone, muscle, strength and

stamina. It naturally follows therefore, that the regular performance and study of both types of Kata, containing as they do stretching, blocking, kicking and balancing techniques from both categories, will exercise and develop the body in an effective and beneficial way, and at the same time instil genuine fighting ability into the diligent student.

The final point about Kata that I would like to bring to your attention is an important one, that nevertheless is often missed, or not recognised for its importance. It is that etiquette is of the utmost importance in Karate-Do, and must be maintained at all times. Therefore, whenever you practice do so with modesty, but not timidity. Be ready at all times to express yourself through the Kata you are performing by bringing together your mind, body and the movements of the exercise. Avoid however at all costs becoming preoccupied with the rules and method of the performance of the Kata, to the exclusion of the fighting methods that they contain, the learning of which were, and are the principal purpose of these important and exacting exercises.

Notes on the performance of the Kata.

1. Always bow before performing a Kata.
2. Perform the movements in exactly the right sequence, moving in the correct direction at any given time, and starting and finishing on exactly the same spot.
3. Understand precisely the meaning of each movement, and its objective, then attack or defend accordingly. Perform the Kata as authentically as possible by combining the following essential principles:

Correct Adjustment of Power	(hard-soft)
Speed of Technique	(slow-fast)
Flexibility of Body	(tense-relaxed)



*"Many credited Enneda with the strongest
punch in Japan"*



TORA is the Japanese name for tiger . . . it is also the nickname by which Keinosuke Enoda of the Japan Karate Association was known during his fighting days in Japan. The J.K.A. is the organisation that represents the Shotokan style of karate, the most widely practised style in Japan and throughout Europe, which has produced a great many famous instructors. Of this elite group, one man stands out for his tremendous fighting spirit – Enoda 'Tora' is renowned all over the world for his indomitable spirit and truly dynamic teaching style. A descendant of two famous samurai lines that date back to the Meiji period, Enoda carries on the warrior tradition admirably.

He was born in Fukuoka on the island of Kyushu in southern Japan on July 4th 1935 and practised martial arts from an early age. Whilst his brother and sister played games, he, at the age of seven, began Judo. Continuing his training through his high-school days he regularly entered Judo competitions and was once runner-up in the All Japan High School Championships. At the age of 17, shortly after he gained his second degree black belt, he watched a demonstration given by two members of the Takushoku University Karate Club in Tokyo. He was won over and the sport of Judo lost a good up and coming player. Aside from any academic merits, Takushoku University was well known for its strong martial arts, particularly its tough karate section and this was Enoda's main reason for enrolling at the university.

After two years training he passed his first degree black belt examination, and then two years later, aged 21, he was made captain of the karate club. It was during his university training that he received instruction from the great master, Funakoshi Gichin – the Okinawan who first introduced karate to Japan.

After graduating in 1957 with a degree in commerce, Enoda was invited to take the special instructors course at the J.K.A. headquarters. He accepted and for the next three years studied long and hard on a daily basis under Masatoshi Nakayama, the chief instructor of the J.K.A. and Hidetaka Nishiyama, a leading senior. Always a keen competitor, Enoda regularly entered the various tournaments and achieved several victories, including the East University Karate Championships. Then in 1961 he won third place in the kumite division of the J.K.A. All-Japan Championships and also finished high in the kata

event. The following year he repeated his kata placing and moved another step up in the kumite by finishing second – losing to Hiroshi Shirai, a fellow J.K.A. instructor. Then in 1963, after another year's hard preparation, Enoda turned the tables on Shirai in the *kumite* final and became the All-Japan Champion, again being placed as a *kata* Finalist. In those days many credited Enoda with possessing the strongest punch in all Japan, as a result of his tremendously powerful hip action and constant practise on the *makiwara* or striking board.

Up until his 1963 triumph, he had only taught locally at the Tokyo Art College and a military university but this was soon to change. Among the spectators at that year's championships was President Sukarno of Indonesia and so impressed was he with the strength and fighting prowess of the winner, that he made negotiations for Enoda's services. Together with Master Nakayama, he spent four months in Indonesia teaching the President's personal bodyguards and at Police and military establishments.

Following the J.K.A.'s expansionist policy of sending its best instructors out from Japan to spread Shotokan karate, Master Enoda began his worldwide travels that were to culminate in his settling in Great Britain as the Shotokan Chief Instructor. He has also spent considerable time in South Africa and the U.S.A. and regularly travels throughout Europe spreading the karate gospel.

By developing a countless number of fine *Karateka* and many leading champions in the art, Master Enoda has been instrumental in making Great Britain one of the strongest karate nations in the world. He has also found time, over the years, to coach many celebrities for their 'fighting scenes' in films – Lee Marvin, Michael Caine, Sean Connery and Edward Fox – have all defeated their 'enemies' with his help, and leading actress, Ingrid Pitt has continued to train with him for many years now.

Of all the top karate Sensei I have seen and trained under, Master Enoda stands out. Of course he is one of the fittest, most powerful karate technicians but he has another, less definable quality. His energy and charisma – almost an aura – are something special. He has that ability to bring out the best in a student. He forces you to perform better karate – to kick and to punch with more accuracy and power, to leap into the attack with gusto, to push yourself past

Celebrating his victory in the East University match, at the age of 22.



Below: 1963 Winner of the All-Japan Championship.



previous self-imposed limits. Standing before him in the class, his presence alone demands your very best. You just have to put down your ego and let the various movements—nothing less will suffice I have learned under this great teacher for more than a quarter-century now and he impresses and inspires me as much today as he did the first time I saw him. When I see his karate, I think “Yes, that’s how it should be done! I want that, I want to be able to move like that—to have that spirit!” And thousands of others continue to emulate his dynamic approach to the art of karate. I know he is only flesh and blood and therefore his level must be attainable, then again there are many species of cat but only one Tiger!

No one, however, is physically accurate, can ever replace actually training under a good teacher. This series is intended to supplement regular karate practice in the dojo or training hall. As such, it should be all the more useful to serious Karateka in improving their knowledge and understanding of Shotokan Karate.

To those students of the art who have not had first-hand experience of the author, I would urge you to remedy this. If you love karate and want to see and be influenced by one of the finest karate masters in the world, you will find it well worth the effort.

Terry O'Neill
6th Dan JKA

Shotokan National Team Member for 5 years
Former Captain, All Styles British Team
Shotokan National Kata Champion 6 times
National Kumite Champion 4 times

Editor and Publisher of *Fighting Arts Magazine*

How to use this book

Please study this section carefully before you read this book.

These notes will help you to get the maximum benefit from this book in the shortest possible time, please follow them from start to finish each time you study.

As with all forms of learning 'little and often' is the most effective way of acquiring knowledge, so commit yourself to ten or fifteen minutes each day, perhaps during your lunch hour, or when you relax after dinner, and you will be surprised and delighted with the progress you make.

1 Read quickly through the Kata that you are studying, look only at the photographs that are marked with a white number on a black circle. These are the fundamental moves of the Kata, and must be committed to memory (Fig.A).

One way to do this is to study each individual photograph carefully, then close your eyes for an instant before moving on to the next, as if the eyes were a camera and the eyelids the shutter.

5 With the book open in front of you, slowly go through the movements of the Kata, never deviating from the example shown in the text. Perform the whole Kata in your own time to fix the sequence of techniques in your mind

2 When you are satisfied that you have a basic idea of the sequence of movements, go through the photographs again, this time studying the intermediate photographs as well (see fig.B) so as to understand better the relationship between the fundamental techniques.

6 Finally, read the brief introduction that appears at the beginning of the Kata. This will give you some idea of the significance of the Kata, its origin and the specific benefits that will be obtained from its study

Fig.A



Fig.B



Fig.C



67. Perform another right downward block, snapping the left fist up to press against the right upper arm. *Fast.*

68. Look to the right and moving the right foot across to the right, pull both arms back towards your left side . . .

3 Go through the whole Kata again including the side view photographs and where appropriate, front view photographs, which, for easy recognition, are divided into fine horizontal lines (Fig.C) and are clearly captioned. These will allow you to study the movements in the Kata that are usually hidden from an observer viewing the performance from the front (ie. facing the performer when he starts the Kata).

4 By now you should have a good idea of the movements of the Kata, so to obtain more detailed information read the numbered captions related to each movement which contain information not apparent from the photograph. There is guidance on timing for example, or the sequence in which the movement must be performed.

7 Carry what you have learnt from the text into class study. It will help you to make rapid progress, and prevent you from copying the bad habits of your less knowledgeable classmates which if acquired, are so difficult to rid oneself of.

8 From time to time, go back to your book and check that you are still performing the Kata correctly. This occasional reference to the text will prevent you from deviating from perfect technique.

Bassai Dai



'To storm a Castle'

This kata displays attacking techniques so powerful, that it reminded the ancients of the strength of mind and body required to overcome the position of an entrenched enemy and successfully break into his fortress against overwhelming odds. Therefore they named it Bassai Dai 'to storm a castle' and it remains until this day a manifestation of physical and mental power, which when expertly performed would convince any observer of the determination of the performer to destroy the will of his enemy to fight, and thereby storm the battlements and enter his castle. A combination of strong will and powerful blocking techniques, allows the performer to turn disadvantages to his own benefit and from them, launch powerful counterattacks.



拔全大

BASSAI-DAI

1.



1. Natural stance

2.



2. (YOI) Move the feet together and wrap the left hand around the right fist.

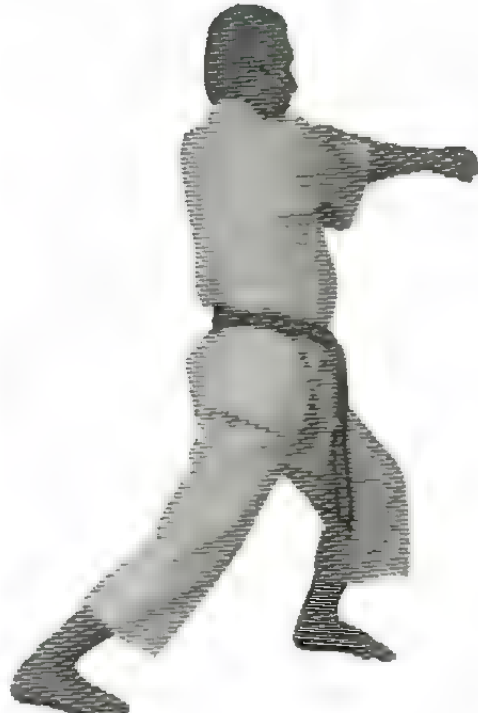


3. Lift the right knee high and pulling both arms back to the left side, leap forward...

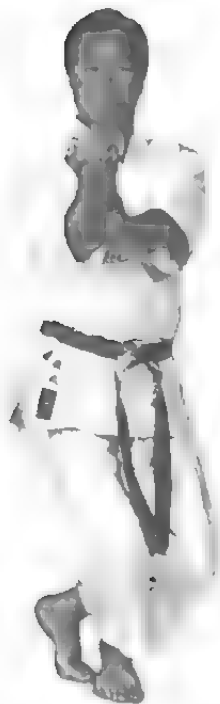
Side View

7. Without moving the legs, move the right arm across the body under the left arm...

Side View



3



4 ... the left foot (heel up) lands an instant after the right foot and behind it in a crossed stance – the right fist performing an inside block and attack, the left hand on right forearm.

4



5. Pivoting on the right foot, turn in an anti-clockwise direction, step with the left foot through into a left front stance and crossing the left arm under the right arm.

6. ... perform a middle-level inside block with the left arm. The right fist is pulled back to the right hip. *Fast.*



8. ... twisting the hips to the left and pulling the left fist to the left hip, perform a middle-level inside block with the right arm. *Fast.*

Side View

9 Step to the right with the right foot and pivoting on the left foot, turn your body around in a clockwise direction, swinging both arms up as shown.

5





Side View

6



10. ... stepping through into a right front stance, perform a middle-level outside block with the left arm. *Fast.*

11. Without moving the feet, swing the right arm across your body under the left arm

15. ... the right arm continues its scooping motion up to the position shown

16. ... move the right foot forward into a right front stance and perform a middle-level outside block with the right arm. *Fast*

17. Without moving the legs, pull the left arm across the body under the right arm...

8



9



7



12. ... twisting your hips back and pulling the left fist back to the side, perform a middle-level inside block with the right arm. *Fast*



13. Pull your right foot back to your left, whilst bending low (keeping the back straight) and turning 90° to your right, swing the right arm (palm up) in a wide downward motion ...



14. ... continue the right arm's swing in an upward direction, raising the body upward in the same motion ...

18. ... twisting the hips to the right and pulling the right fist back to the right hip, perform a middle-level inside block with the left arm. *Fast*

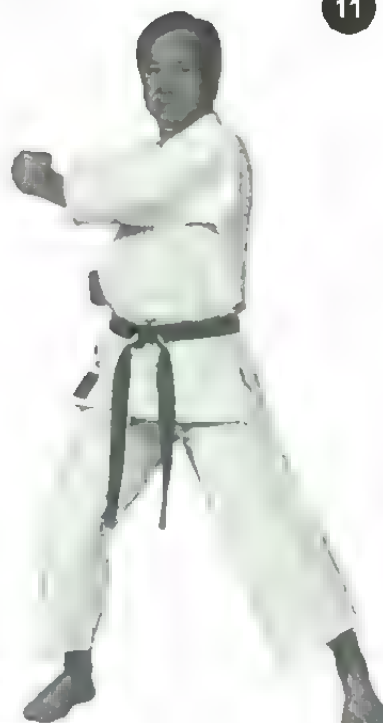
19. Slowly pull the left foot back in line with the right foot, at the same time turn 90° to your left (to face the front again) into Natural stance ...

20. ... pull the left vertical fist across the body on top of the right fist. *Slow*

10



11





Side View



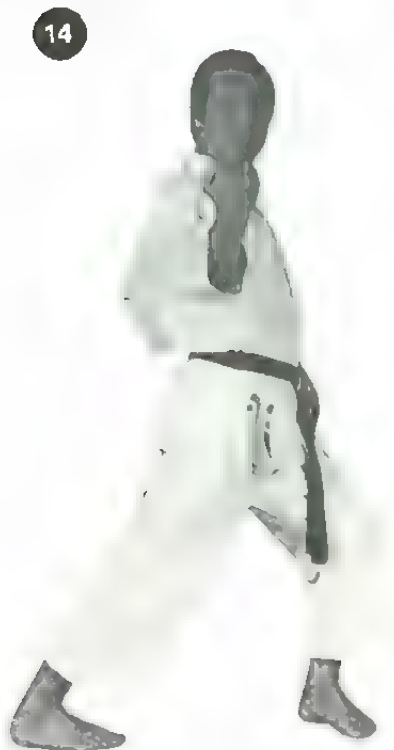
21. Slowly extend the left open hand to the front . . .



12

22. . . . perform a middle-level vertical sword hand block. *Slow*

26 . . . straighten the right knee (into a short front stance) and perform a middle-level inside block with the right arm. *Fast.*



14

27. Twist your feet and hips back to the front. Start straight punch . . .



28 . . . perform a left straight punch to the middle-level. *Fast*



15

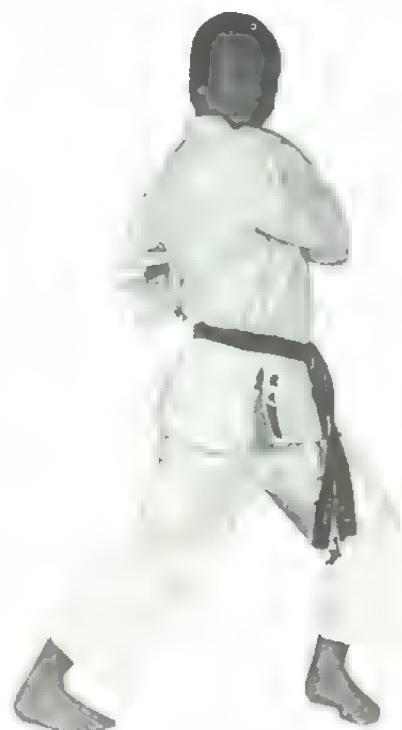


23. Start straight punch.

13



24. Perform a right straight punch to the middle-level. *Fast.*



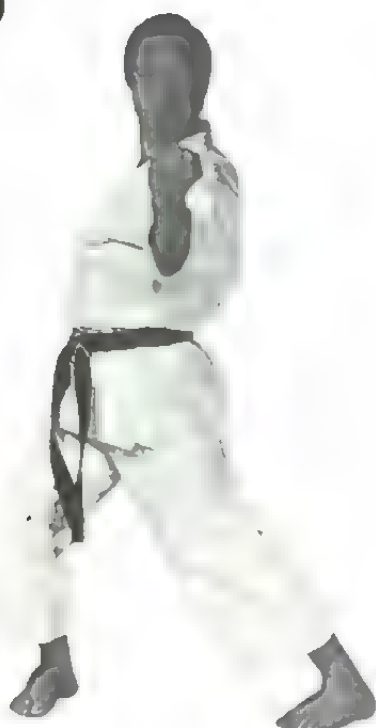
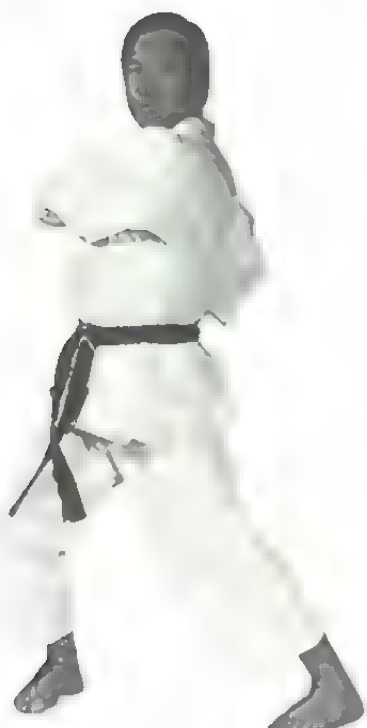
25. Move the right arm across your body twisting the feet and hips to the left.

29. Move the left arm across your body, twisting the feet and hips to the right.

30. ... straighten the left knee and perform a middle-level inside block with the left arm. *Fast.*

31. Move the right arm across your body, over the left arm and pull the right foot inward.

16





32 ... moving towards a right knife-hand block...

17



33 ... move your right foot forward into a left back stance and perform a right knife-hand block. *Fast*



34 Moving towards left knife-hand block

38 Moving backwards...



39 ... into a right back stance perform a left knife-hand block. *Fast*.

20



40 Twist the body to the left towards a front stance and swing the right arm under the left arm in a circular motion...



18

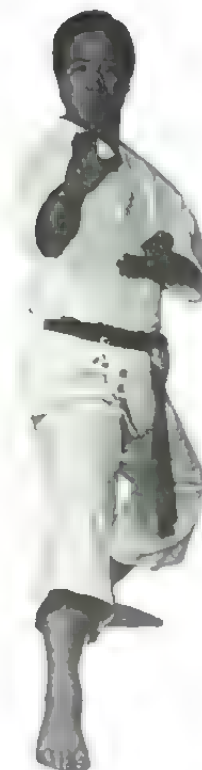


35 ... move into a right back stance and perform a left knife-hand block. *Fast*

19



36. Start to perform right hand knife-hand block ...



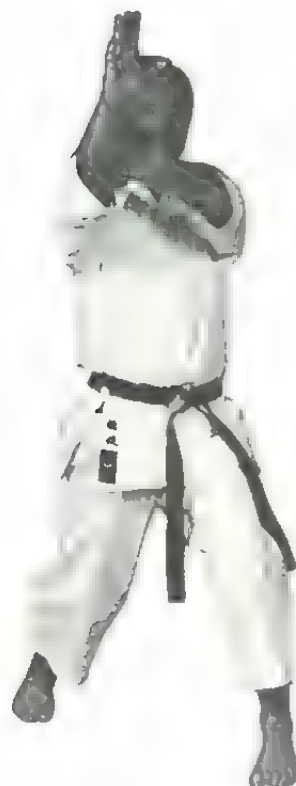
37. Move into a left back stance and perform a right knife-hand block. *Fast*.

41. ... as the right arm goes high, press the fingertips of the left hand against the side of the right wrist, just below the thumb, and twist the right hand to the right as you pull downward with both arms ...

42. ... into a grasping block. *Slow*. Note that the hips are twisted to the left

43. Lift the right knee up between the arms

21



22 KIAI



44. ... and pulling both fists back to the right side of the chest (palms up) perform a side thrust kick to the lower level *Fast*.



45. Pull your foot back and turn to the rear, crossing the left arm (hand open) over the right arm.

23



46. ... step back and down into a right back stance and perform a left knife-hand block. *Fast*

48. ... a left back stance and perform a right knife-hand block *Fast*

Side View

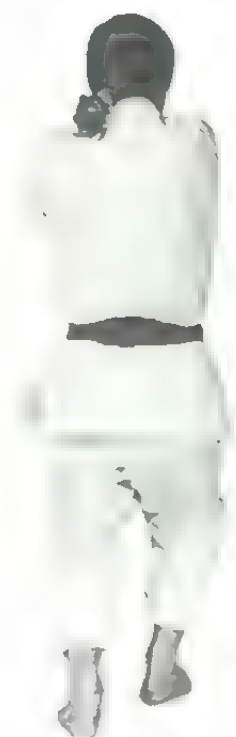
49. Slowly pull the right foot back to the left foot and clenching both fists pull the arms into the body...

24





Side View



47 Start to move into .

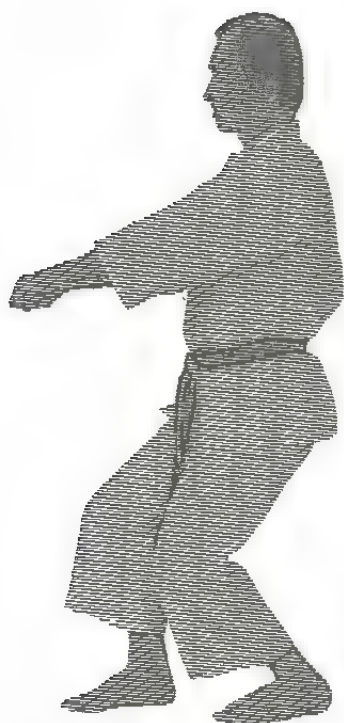


Side View

Side View

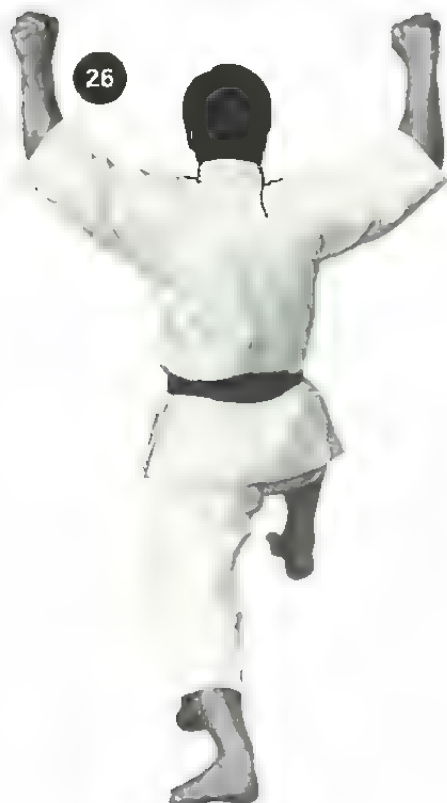
50 ... as the feet come together in an informal attention stance and the body comes fully erect, raise both fists upward, with the first knuckles touching, to just above the forehead in a double rising block. *Slow.*

Side View



25





51 Pull the arms strongly apart, whilst lifting the right knee high and pushing the weight forward ...

Side View



27

52 ... land in a right front stance and by circling both fists inward and forward (twisting them palms up) perform a middle-level strike. The fists in line with the sides of the body. *Fast.*

54 ... a right straight punch into the middle-level right front stance.

Side View

55 Move the left foot across to the left and, pivoting on the right foot, turn to the front in an anti-clockwise direction, both hands open – right hand ready for sword hand attack ...

28





Side View



53. Sliding both feet forward, prepare to perform . . .



Side View

56. . . pushing your weight forward and landing in a left front stance, perform a simultaneous left hand sweeping block and a right sword hand to the lower level *Fast*

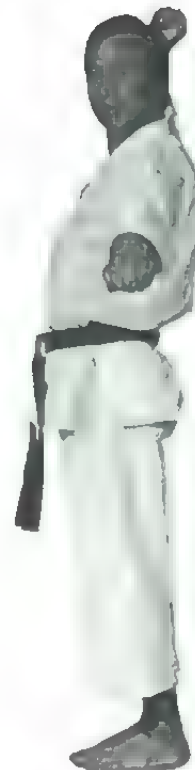
57. Slowly pull the left leg back, at the same time rising upward and, closing the hands into fists, sweep the left arm downwards across the body and the right arm back

58. . . feet together, the right arm performs a block against an attack from the rear while the left blocks downwards . . .

29



30





59. Swing the right foot high and around to the left, pivoting on the left foot...

31



60. ...perform a stamping kick and a simultaneous downward block with the right arm as you land in a straddle leg stance. *Fast.*



61. Look over the left shoulder and move the arms across the body - left hand open under the right...

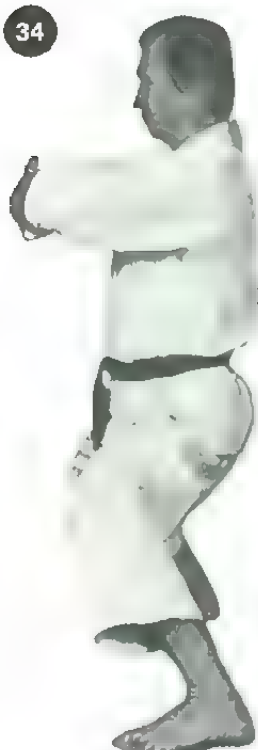
Side View

64. Land in a straddle leg stance and perform a right elbow strike into the left open palm. *Fast.*

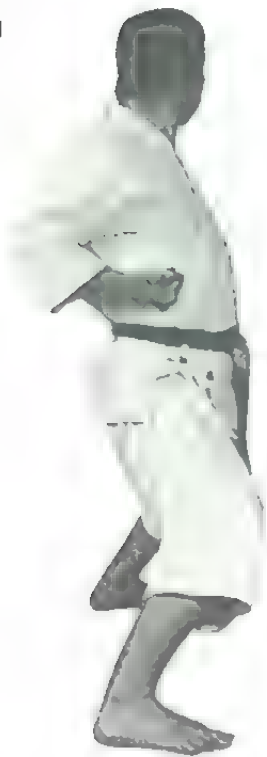
Side View



34



32



62. ... drawing the right fist back to the hip, swing the left open hand out and perform a back hand block. *Slow.*

Side View

33



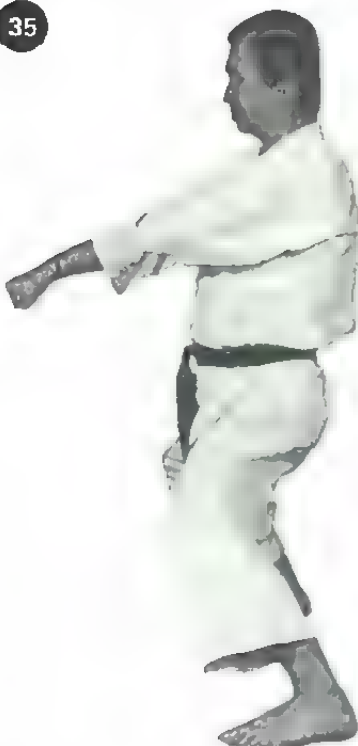
63. Without moving the arms, swing the right foot around, pivoting on the left foot and perform a crescent kick with the sole of the foot into the palm of the left hand. *Fast.*

65. Without moving the legs or upper arms, perform a right downward block – the left hand makes a fist and presses against the right upper arm. *Fast.*

66. Perform a left downward block, snapping the right fist up to press against the left upper arm. *Fast.*

67. Perform another right downward block, snapping the left fist up to press against the right upper arm. *Fast.*

35



36



37



38



68 Look to the right and moving the right foot across to the right, pull both arms back towards your left side... Side View

69 ... and in a right front stance with the right vertical fist on top of the left fist. Fast

71 ... perform a "U" punch. Fast Note that both arms are bent so that the fists land on the same vertical line and that the right fist is turned palm up. Side View

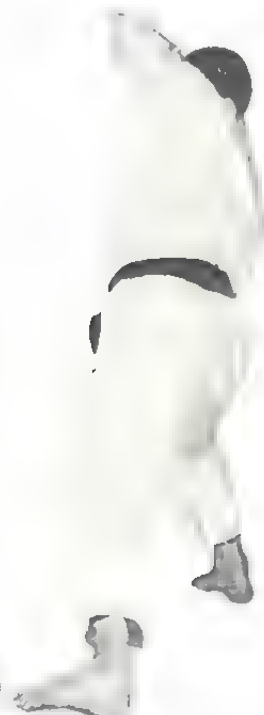
72. Slowly pull the right foot back to the left foot and pull both arms back towards your right side, whilst rising upwards.

39





Side View



Side View

70. Lean the upper body forward and drive both fists out – left high and right low...

Side View



73. ... feet together, the left vertical fist is pulled across the body on top of the right fist and the hips turned slightly to the right. *Slow*

Side View

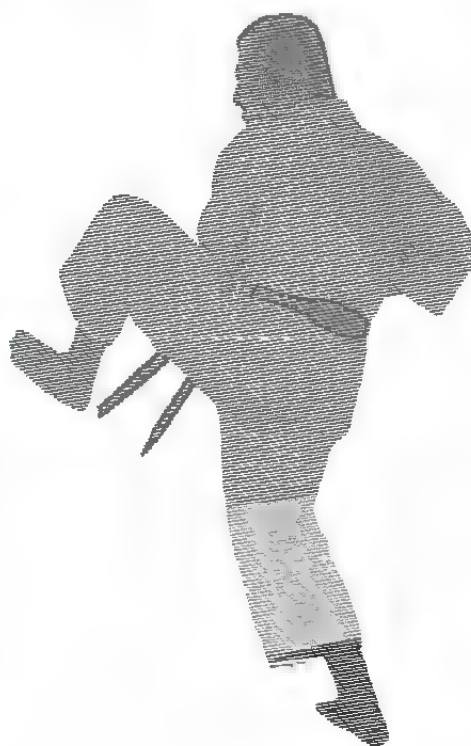
40



41

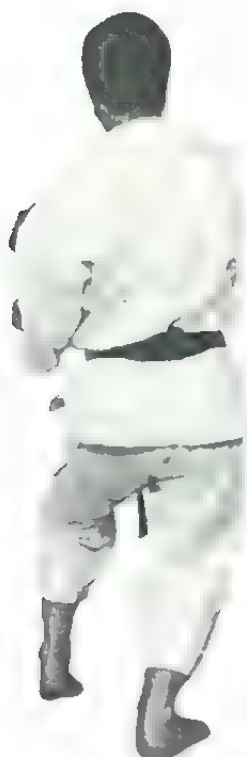


74. Without moving the hands raise the left knee in a crescent motion . . . Side View



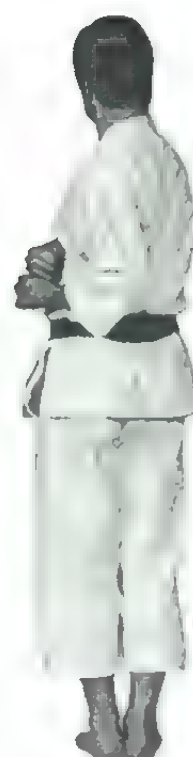
75. . . . land in a left front stance and perform another 'U' punch . . .

77. Slowly pull the left foot back to the right foot, rising upwards and pulling both arms to your left side . . . Side View



78. . . . as the feet come together the right vertical fist is placed on top of the left fist and the hips turned slightly to the left *Slow*

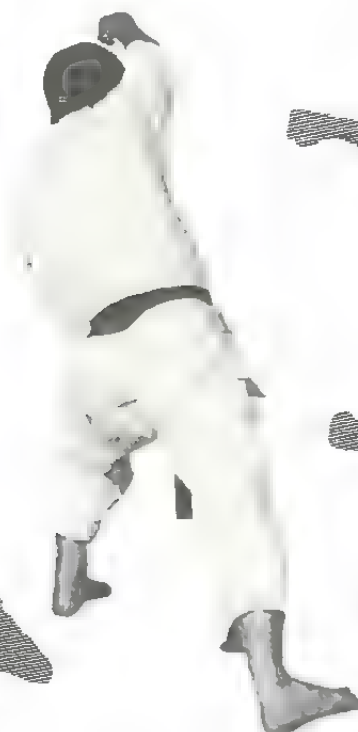
43



42



Side View

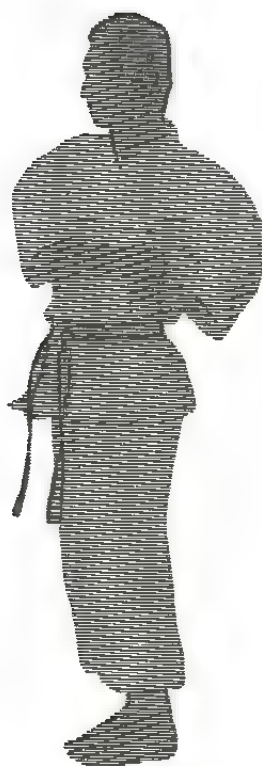


76. ... this time with the right fist high and the left fist low. *Fast.*



Side View

Side View

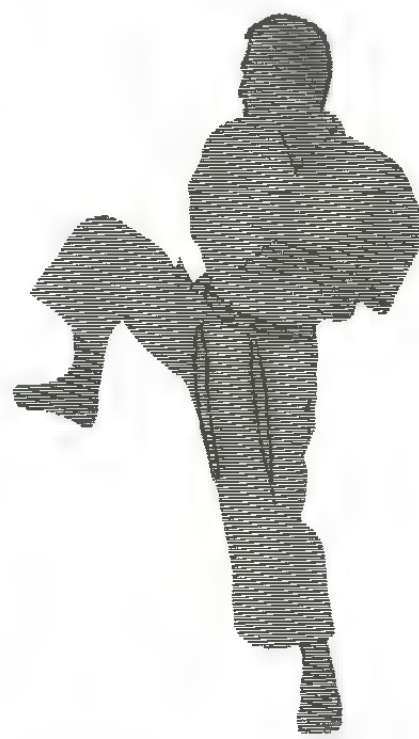


79. Without moving the hands, perform a right leg crescent motion by raising the right knee ...

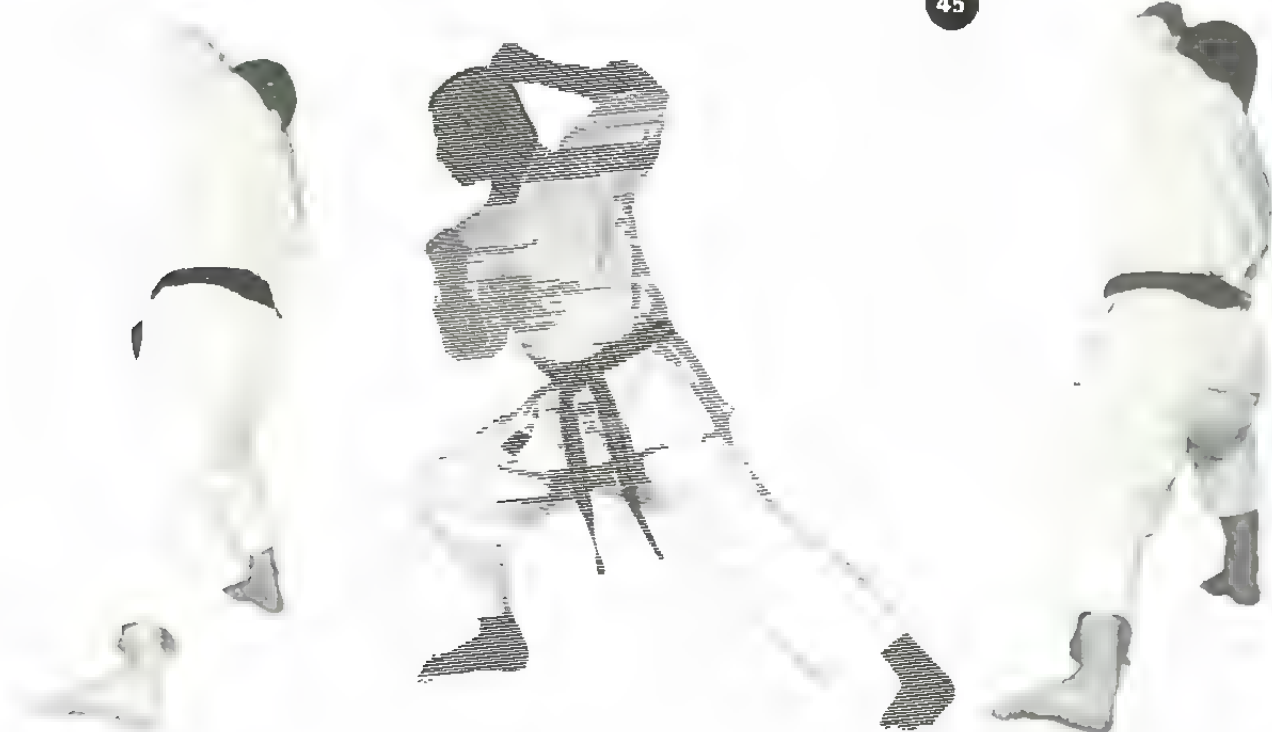
44



Side View



45



80. ... land in a right front stance and leaning the upper body forward, drive out both fists ...

Side View

81. ... and perform another 'U' punch—left fist high and right fist low. *Fast*

84. ... continuing the action, snap the arm straight back (twisting the wrist as you do so) left to right completing a scooping block *Fast*

85. Swing both arms back as shown ...

86. ... pivot both feet to the right and swing the left arm downwards in a big arc (palm down) across your body left to right ...

46





82. Move the left foot in a big step across to the left and pivoting on the right foot. Swing the right arm upward ...

83. ... and downwards in a big arc (palm down) across your body right to left, as you land in a deep front stance ...

87. ... landing in a deep front stance, snap the arm straight back, right to left, completing a left scooping block. *Fast*

88. Look 45° to your right and step with the left foot towards the right ...

89. ... cross your right arm over your left and step forward with your right foot ...



48

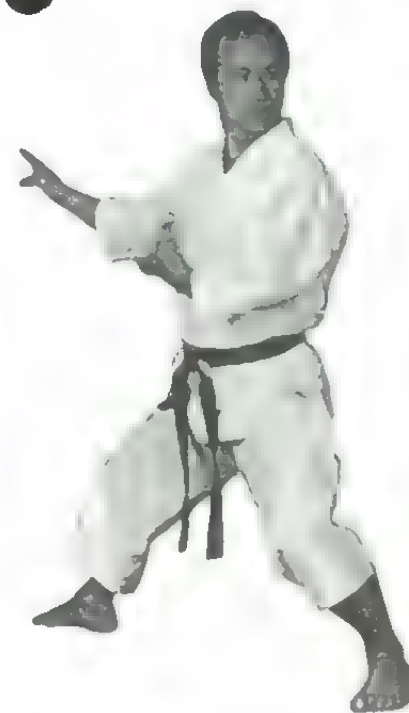


90 ... on a 45° angle into a left back stance and perform a right knife-hand block. *Fast*

49

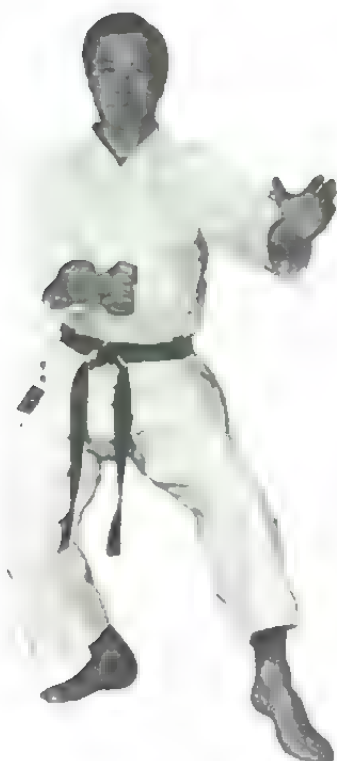


91 Without moving the arms, pivot on the left foot and swing the right leg 90° around to the right, at the same time look back over the left shoulder ...



92 ... land in a left back stance—hands still in the knife-hand block position and looking in the opposite direction. *Slow*.

96 (YAME) Look to the front and pull the left foot back toward the right ...

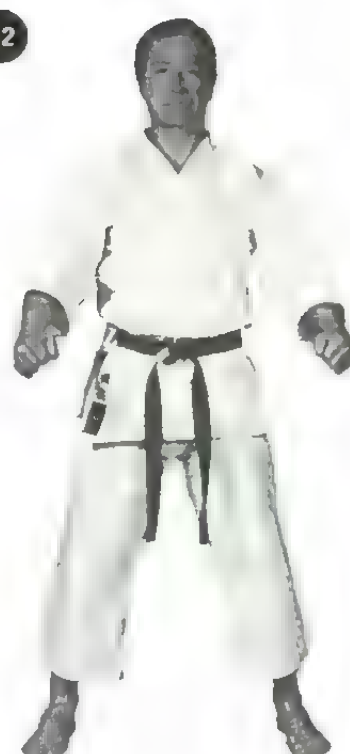


97. ... feet together, your left hand over your right fist, return to the starting position

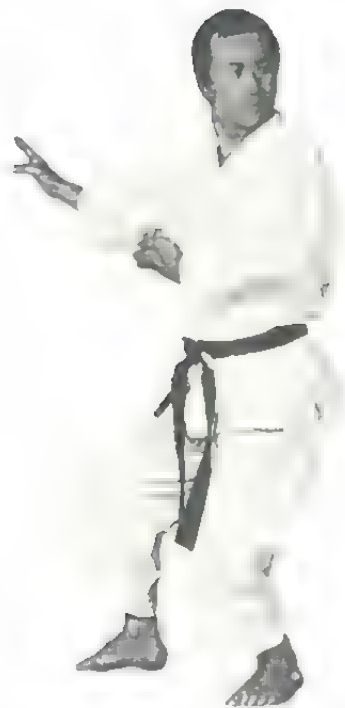
51



52



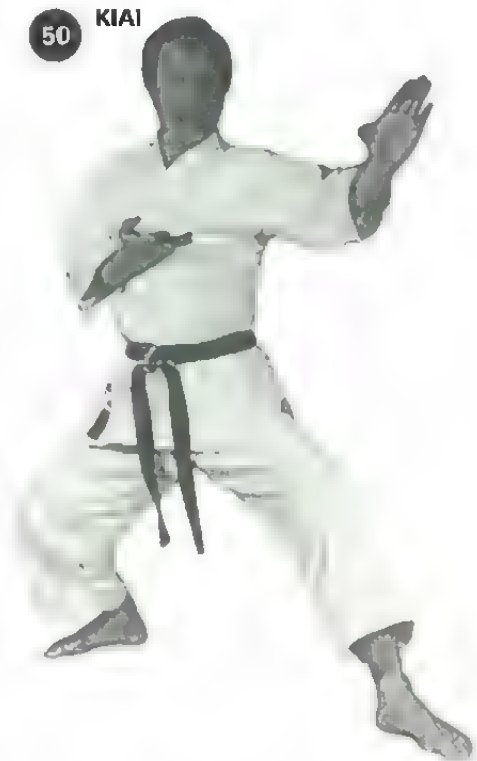
98. Return to natural stance.



93 Move the right foot up to the left .



94. . . and crossing your left arm over your right, step with the left foot .



95. . . Into a right back stance, and perform a left knife-hand block. *Fast*



1 (15) As your opponent attacks with a right kick to the right of your body, step in and smother his attack with a right block which, as it rises describes an arc shaped course.



2. (44) Against your opponent's right punch, moving both hands in an anti-clockwise motion, grasp his arm, and pulling it towards you, raise your knee high and attack his knee or thigh with a fast thrust kick.

5. (81) Your opponent attacks with a right punch to your face. Move forward performing a continuous block and punch to his face with your left, and at the same time, punch his abdomen with your right fist, palm up. This movement must be smooth and continuous, with the arms describing an arc

6 (83) As the low right kick is attempted to your back, turn anti-clockwise to face your opponent and with a pendulum movement of your right arm, block his kick by striking him strongly on the calf





3. (65) A powerful frontal kick is thwarted by a right downward block, reinforced by the left arm held across the body to protect the solar plexus.



4. (79) To counter this right front kick, raise your right knee high and kick your attacker's inside calf with the sole of your foot.

7. (84) In a continuation of the last movement, twist your right blocking arm at the elbow sideways to the right throwing your opponent down, as one movement.



Please Note

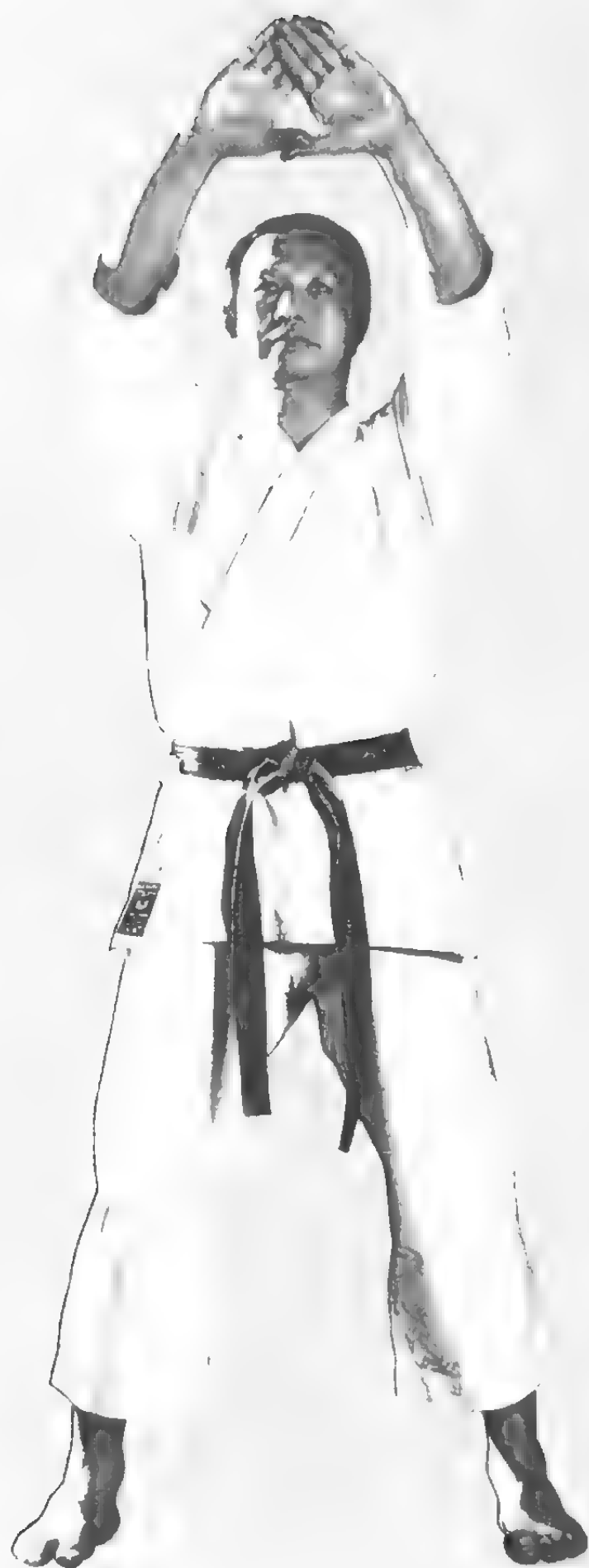
The numbers shown in brackets refer to the similarly numbered captions in the main Kata section. After studying each application turn back to the relevant movement to understand how it fits into the overall exercise.

Kanku Dai



'To look at the Sky'

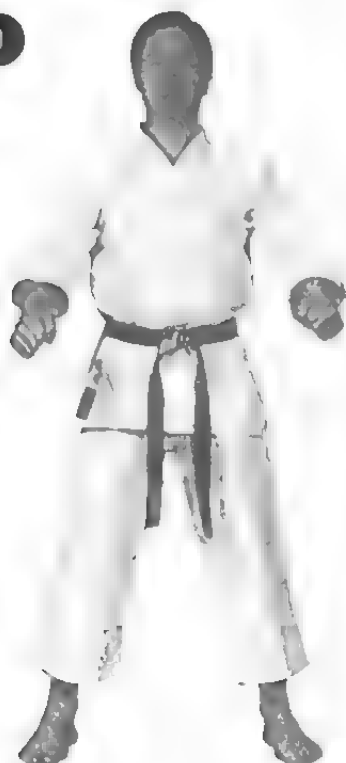
Kanku dai is a lengthy and varied Kata containing almost every conceivable type of jumping, turning and stretching, technique at high or low speed combined with strong 'hard' and weak 'soft' exertions of physical power. This magnificent Kata expresses the togetherness of heaven, earth and oneself as you fight imaginary enemies attacking from all directions.



観空大

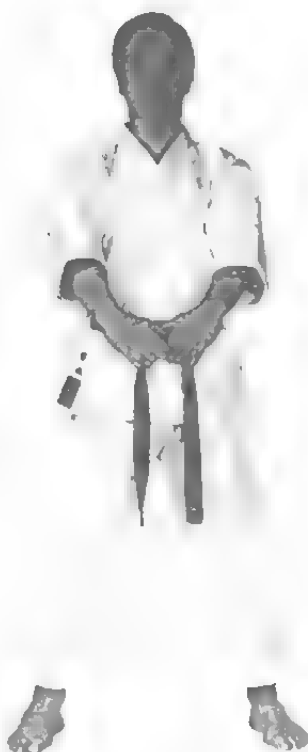
KANKU-DAI

1

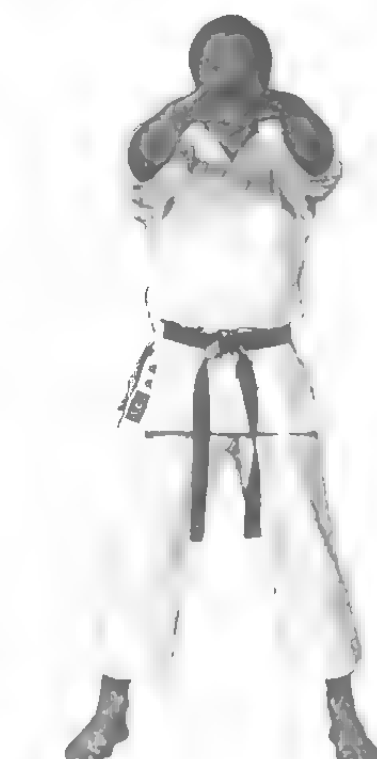


1. Natural Stance

2



2. (Yoi) Open both fists and bring hands together as shown – thumbs extended and touching – the right fingertips on top of the left fingertips, to form a triangle between the hands *Slow*



3. Raise the arms forwards and upwards in an arc ...

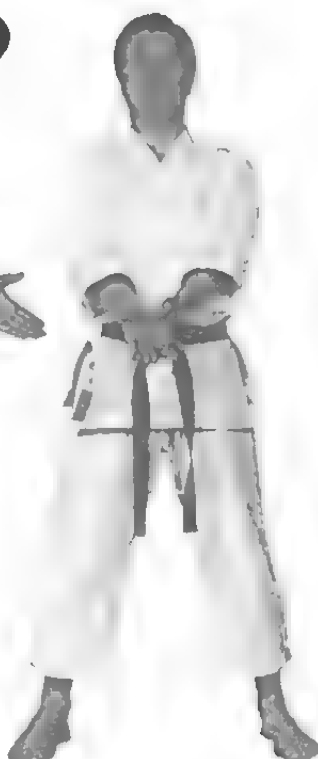
7. ... without stopping the motion but slowing the movement down, bring the hands around, describing a big circle ...

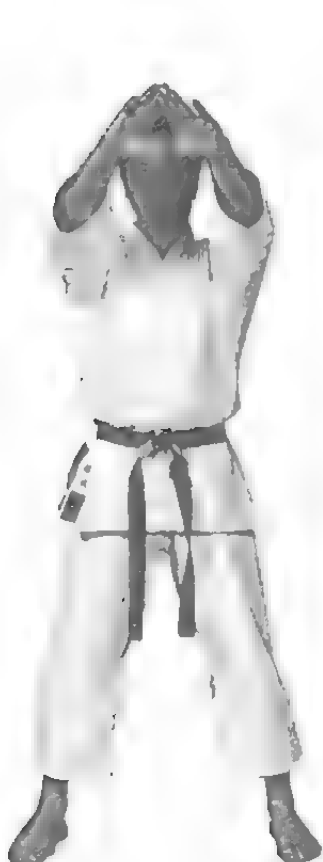
8. finish the movement forcefully by striking the right knife-hand into the left palm. *Fast.*

9. Look to the left and move the left foot into a back stance ...



5





3



4



4. ... as the triangle formed by your hands reaches eye-level

5. ... follow the triangle with your eyes. Look through your hands at the sky. *Slow.*

6 Pull arms apart forcefully – hands still open but thumbs tucked in – at the same time, look straight ahead again ...

10. ... perform an upper-evel block with the left arm – the back of the hand facing outward and the right arm across the body as shown. *Fast.*

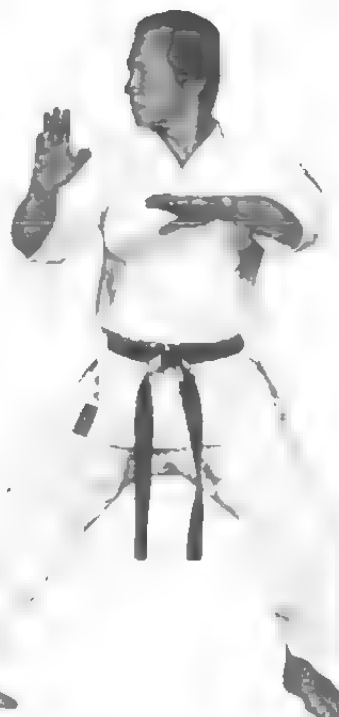
11. Look to the right and shift your weight back on to the left leg, at the same time ...

12. ... repeat the upper-evel block with the right arm. *Fast. Note the hand of the blocking arm is above head height.*

6

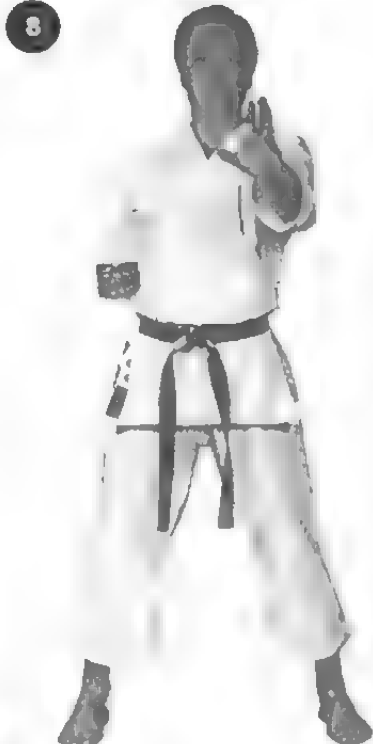


7

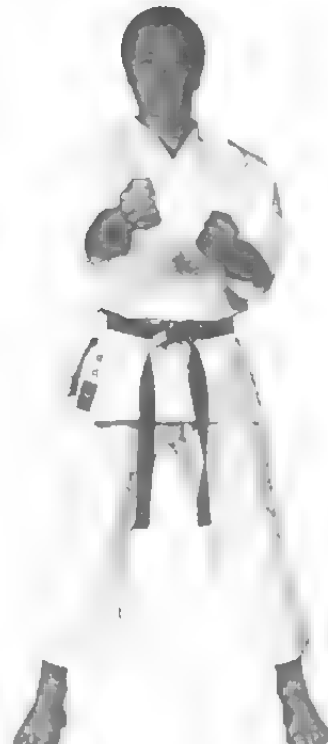




13 Look to the front and move the right arm across the body whilst the left hand moves to a position behind the right elbow, start moving to a ...



14. ... natural stance by sliding the left foot across and at the same time performing a left vertical knife-hand block to the front.

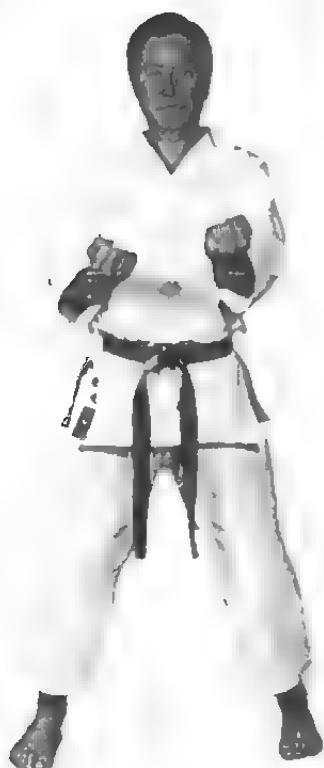


15. Perform a mid level straight punch ...

19. Twist your hips and pivot the feet back to the front, and perform a mid-level straight punch ...

20 ... punch to the front with the left fist. *Fast.*

21 Twist your hips to the right, pivoting both feet in the same direction and swing the left arm across your body ...



9



16. ... to the front with the right fist. *Fast.*



17. Twist your hips to the left, pivoting both feet in the same direction and swinging the right arm across your body ...

10



18. ... perform a right arm mid-level inside block. *Fast.* Note you are now in a short front stance

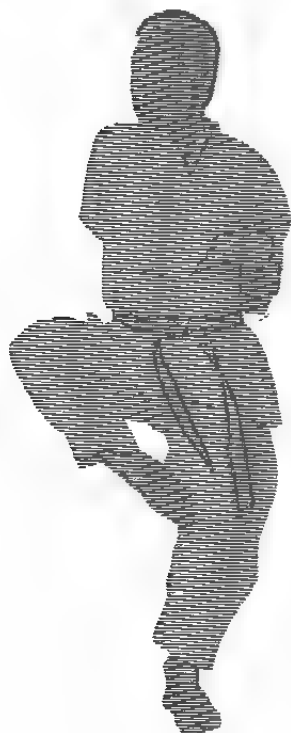
22. ... perform a left arm mid-level inside block. *Fast.*

23. Look behind you, over your right shoulder and move the left foot a step to the right ...

24. ... draw the right foot back and up to the height of the left knee — turn to the right and place the right vertical fist on top of the left fist, which is pulled into the side

12





Side View

13



25. Perform a simultaneous back-fist strike and a side snap-kick – the left hand remains pulled in to the side. *Fast.*



Side View

29. ... a right knife hand block in a left back stance *Fast.*

30. Repeat of No 28 to the opposite side, stepping forward again into ...

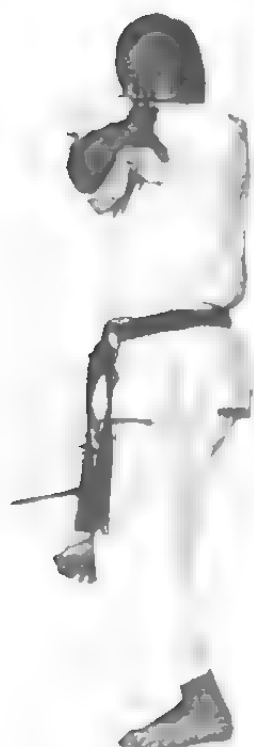
31. ... a right back-stance and perform a left knife-hand block. *Fast.*

15



16





14



26. As your foot snaps back to the knee of the supporting leg, turn your head to the front, cross your arms with both hands open...

27. ... as you step down into a right back stance perform a left knife-hand block *Fast*

28. Moving forward start to perform . .

32. Step forward with the right foot, pushing the left open-hand downwards across the body and forming the right into a spear hand..

33. continue the step through without pause, into a right front stance and perform a simultaneous left hand pressing block and right spear-hand thrust to the middle level, left hand underneath right elbow *Fast*.

34. Turn to the rear moving the left foot into a front stance position



17' KIAI





Side View

18



Side View

35. In a continuous action, switch your weight onto the left leg into a left front stance and perform an upper-level right knife-hand strike and an upper-level block with the left hand-palm in front of the forehead. *Fast.*

38. ... in a continuous action step back with the right foot into a back stance and perform a simultaneous left downward block and right inside block to the upper level which finishes behind the head.

39. Open both hands and start to move.

40. ... into a left front stance, performing a simultaneous left hand sweeping block and a right sword hand to the lower level. *Fast.*

20



21



19



36. Without moving the hands, perform a front snap-kick to the upper-level with the right leg. *Fast.*

Side View

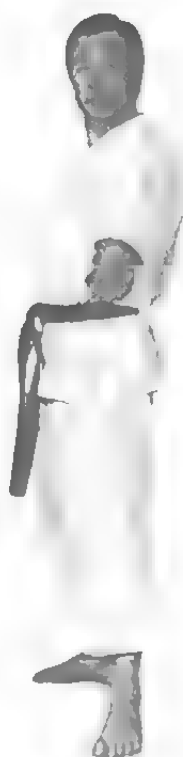
37. Look to the front and turn in an anti-clockwise direction to the front and cross the left arm over the right arm . . .

41. Slowly pull the left leg back to a halfway position and at the same time, co-ordinating the arm action with the leg, rise upward and closing the hands into fists, sweep the left arm across the body . . .

42. . . in a left downward block to lower level. The right hand is pulled back to the right hip. *Slow*

43. Step forward and to the left with the left foot and opening both hands lift the right arm back behind the head

22



23



24



44. ... continue the action into a left front stance and perform a simultaneous right knife-hand strike to the upper level and an upper level block with the left hand. *Fast.*

45. Without moving the hands, perform a front snap kick to the upper level with the right leg. *Fast.*

Side View

48. Open both hands and step forward and to the left with the left foot, switching your weight forward...

Side View

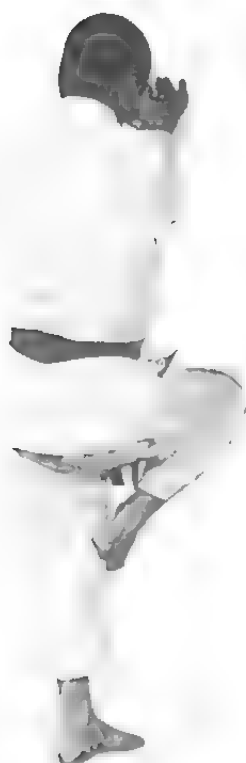
49. ... into a left front stance and perform a simultaneous left hand sweeping block and right sword-hand strike. *Fast.*



26



25



46 Look behind and turn in an anti-clockwise direction, crossing the arms left over right...



47 step back and down into a right back stance and perform a simultaneous lower level block with the left arm, and upper level block with the right. Fast.

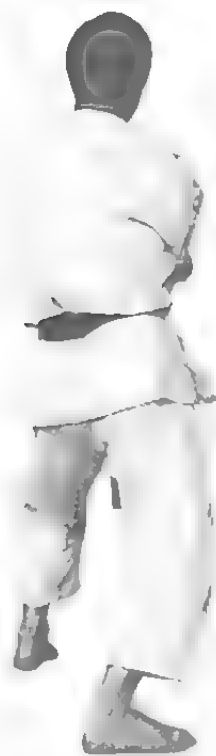


Side View

Side View

50. Slowly pull the left leg back toward the right leg, raising the body upwards and sweep the left arm across the body

Side View



27



51. . . in a left arm downward block. *Slow* Side View

52 Look to the left and lift the left foot up to the right knee and pull the left vertical fist across your body to rest on top of the right fist

54. As your foot snaps back, extend the left hand Side View

55 and step forward into a left front stance and perform a right elbow strike into the palm of the left hand. *Fast*



29



28



Side View



53. . . in a continuous action perform a simultaneous left back fist strike and, left side snap kick. *Fast.*

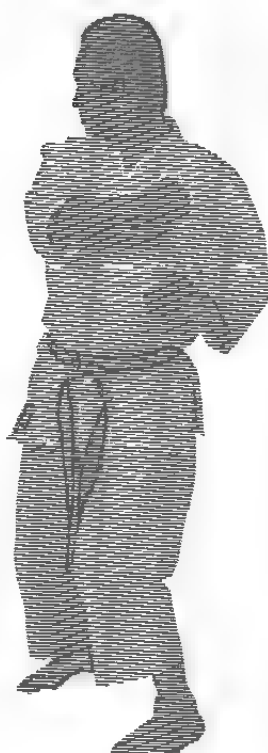


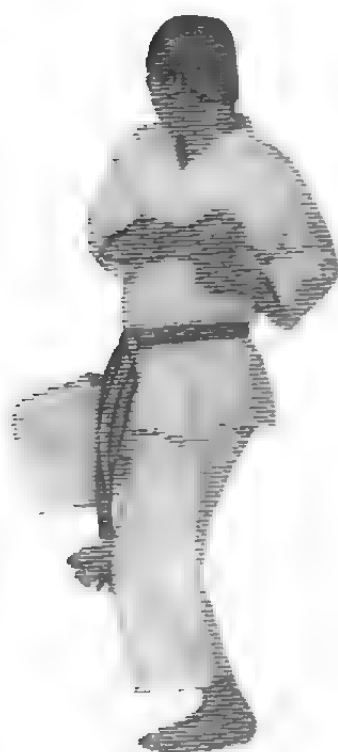
Side View

56. Look behind you, turning your body in a clockwise direction and pull both hands down to the left side of the body . . .

Side View

57. . . at the same time, pull the right foot up to the left knee – the right vertical fist is placed over the left fist . . .





Side View



58. . . in a continuous action, without moving the left arm, perform a simultaneous right back fist strike and right side snap kick. *Fast*

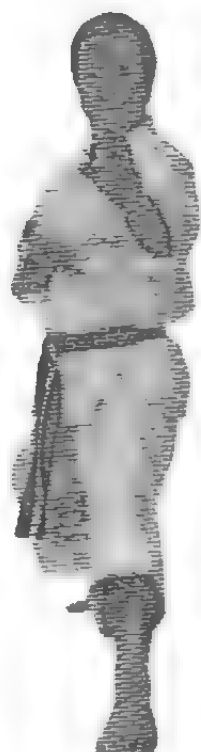


59. As your foot snaps back, extend the right hand . . .

62. . . pivot into a right back stance and perform a left knife-hand block. *Fast.*

Side View

63. Step forward with the right foot at 45° crossing the right arm over the left . . .



31



60. ... and continue the forward action by stepping into a right front stance and performing a left elbow strike into the palm of the right hand. *Fast.*

61. Cross your arms looking to the rear. Side View

64. ... and stepping into a left back stance, perform a right knife-hand block. *Fast.*

65. Move the right foot back along the same line of movement, whilst turning the head and body in a clockwise direction and crossing the right hand to the left ear.

66. ... step through into a left back stance and perform a right knife-hand block. *Fast.*

33



34





67 Step forward with the left foot at 45°, crossing the left arm over the right arm...

35



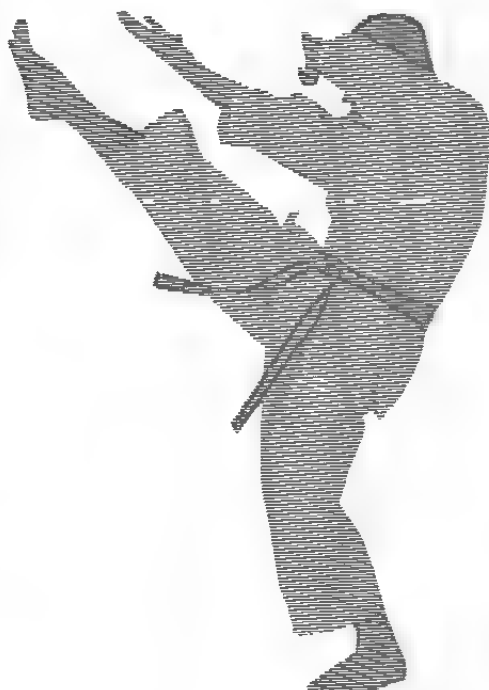
68. ... and continue the move through into a right back stance and perform a left knife-hand block. *Fast*



69 Move the left foot to the left without switching the weight yet, whilst simultaneously blocking with a left open-hand down and bringing the right open-hand back behind the head...

71. Without moving the hands, perform a right front snap kick to the upper level *Fast*. Side View

37



72. As the foot snaps back, drive your weight forward and block downwards with the left palm and forearm, whilst raising the right fist upward...





Side View



70. . . in one continuous action, switch your weight onto the left leg, to form a left front stance, and perform an upper-level right knife-hand strike and an upper level left hand block. *Fast.*

Side View

Side View

73. . . Perform a combination attack using a back fist strike and a stamping kick to your opponent's instep. As the technique is completed the left foot moves up to the right to form a crossed stance

Side View



38





74 Step back with the left foot and cross the right arm under the left arm . . .



Side View

77 Perform a right hand punch. *Fast*. Note both punches are to middle level and performed with no pause in between.

39



75. . . in a right front stance, perform a middle level inside block with the right arm
Fast

78. Turn completely around in an anti-clockwise direction and lift your right knee. The right hand is pulled into the side, left hand open as the turn is made and continues forward . . .

41



40



Side View



76. Perform a left reverse punch. *Fast.*



Side View

79. ... as the mid level knee technique is performed, the left open palm is pushed against the outside of the right forearm

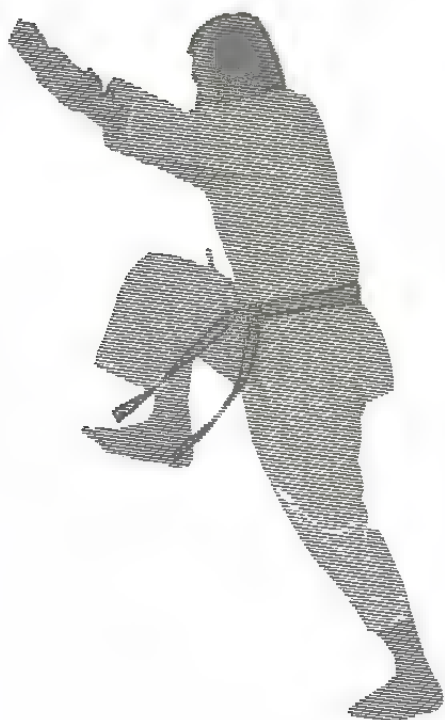
Side View



42

80. ... in a continuous motion, both hands are pushed forward and a right close punch is performed as you drive your weight forward. *Fast.*





Side View



81 Fall forward and downwards, continue to look to the front.



82. ... both hands land pointing slightly towards each other. *Fast.* Note that all of the left foot edge remains on the floor

Side View

85. Step forward with the right foot, crossing the right arm (palm to left ear) over the left

Side View



44



Side View

83. Look to the rear, over the left shoulder and staying low turn in an anti-clockwise direction, starting to shift your weight to the rear while . . .

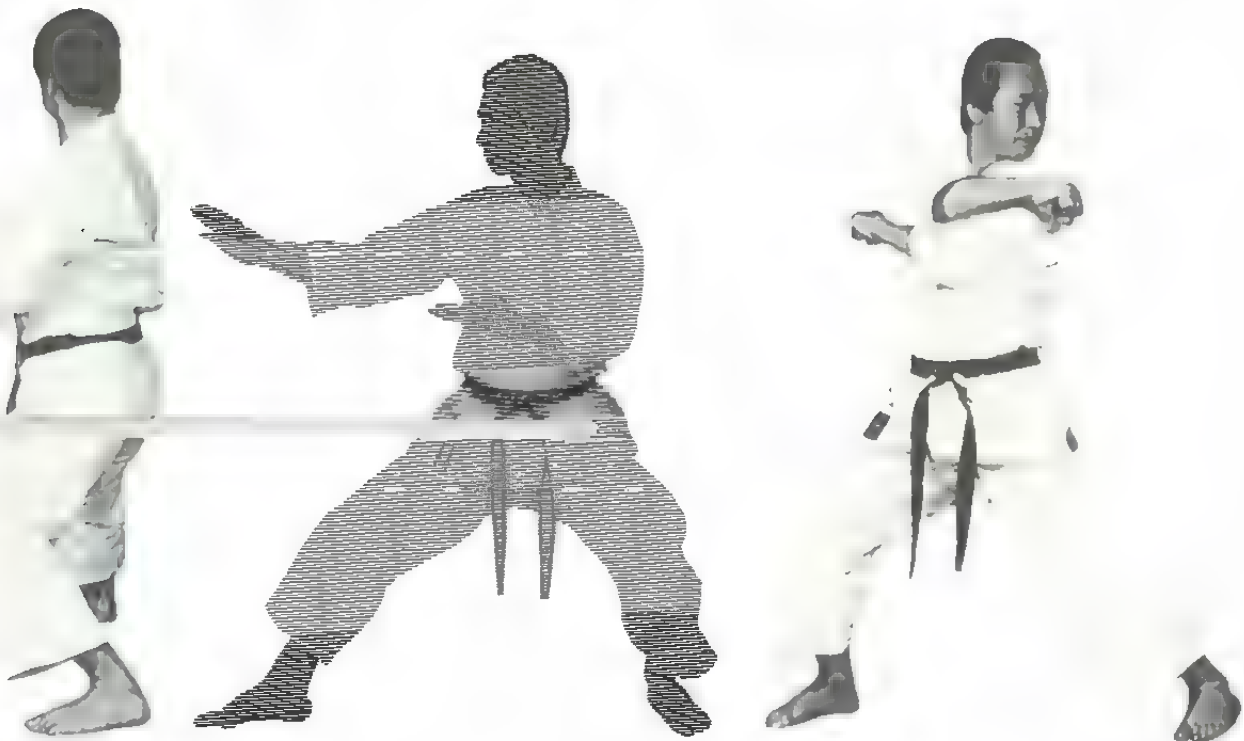
84 . . . pivoting into a long and deep right back stance. Perform a left knife-hand downward block. The right arm, palm upwards, lands across the body as shown. *Fast*

86. . . continue through into a left back stance and perform a right knife-hand block. *Fast*

Side View

87. Look over your left shoulder and turn your left foot and body around in an anti-clockwise direction crossing your left arm under your right arm . . .

45

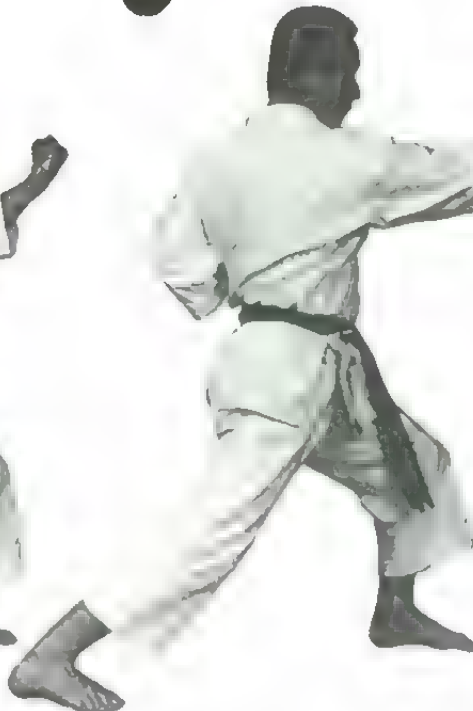


46

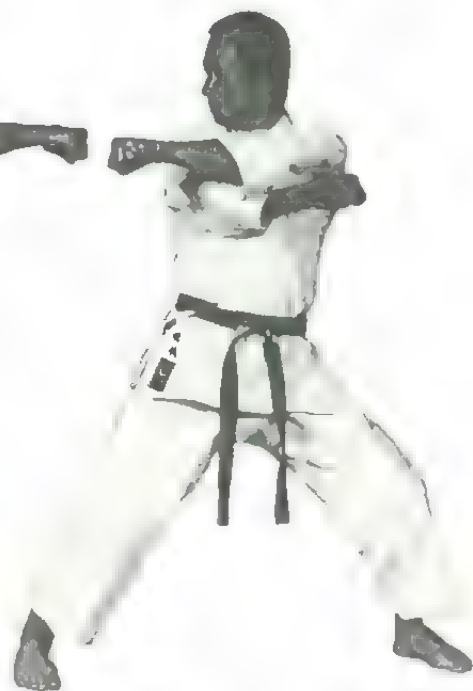
47



88. ... step around into a left front stance and perform a middle-level inside block with the left arm. *Fast*



89. Perform a right hand reverse punch. *Fast.*



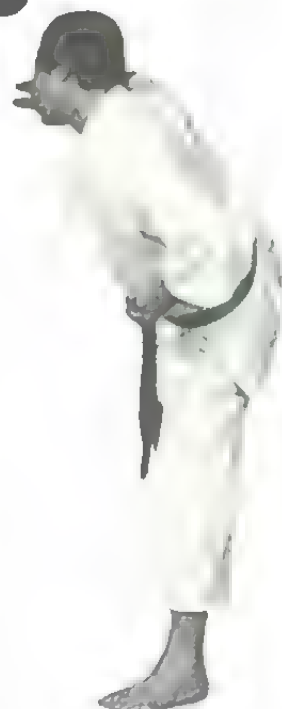
90. Look behind, over your right shoulder and moving your right foot across (on the same line) to the right, cross your right arm under your left arm ...

94. Look to the right and lift the right foot up to the left into left knee. At the same time as the right foot rises, pull the right vertical fist across the body on top of the left fist ...

Side View

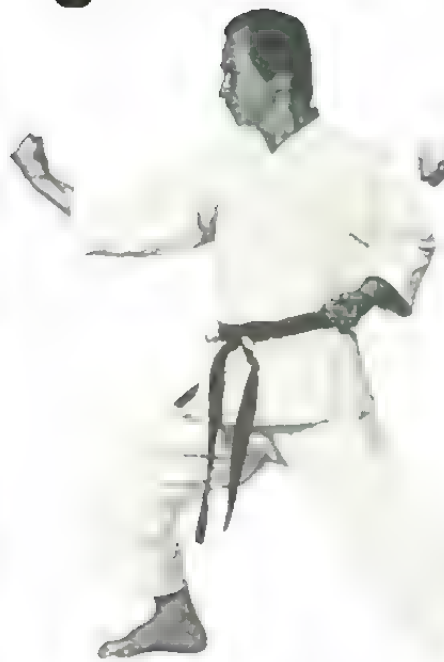


51



95. ... continue the action and perform a simultaneous right back fist strike and right side snap kick. *Fast.*

48



91. ... changing position into a right front stance, perform a middle-level inside block with the right arm. *Fast.*

49



92. Perform a left reverse punch *Fast.*

50



93. Perform a right hand punch also to the mid-level. *Fast.*

Side View

96. As your foot snaps back, turn your head to the front and cross the left arm over the right arm ...

Side View



52



97 ... as you step back into a right back stance, perform a left knife-hand block *Fast*



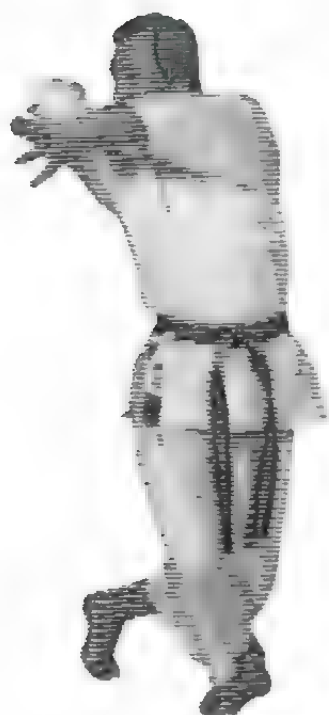
98. Step forward with the right foot, pushing the left palm and forearm downwards ...

53



99 ... as you land in a right front stance, perform a simultaneous left pressing block and a right spear-hand thrust. *Fast.*

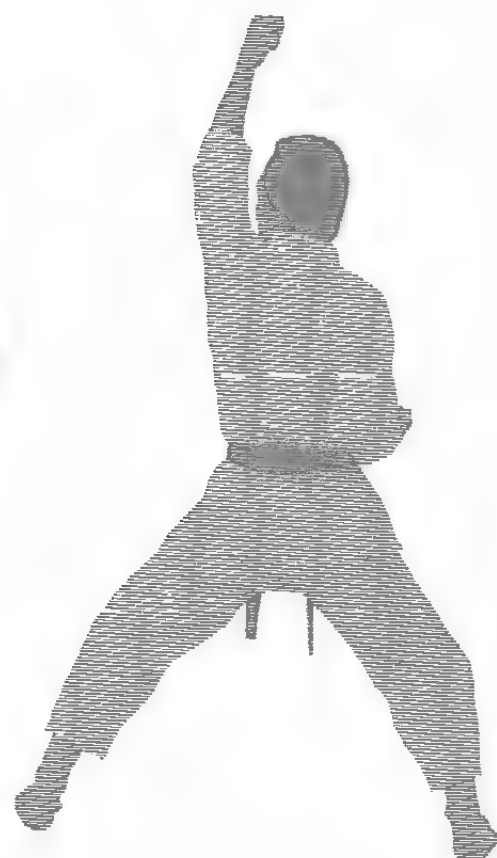
Side View



102. ... continue stepping through into a 'straddle' leg stance and the left hand, now closed into a fist, comes over the top, close to your head ...



Side View





100. In a technique which counters a wrist catch and reversal, twist the right hand in a clockwise direction, bending the arm at the same time (the back of the left hand remains in contact with the right upper arm) and push your weight to the front...

Side View

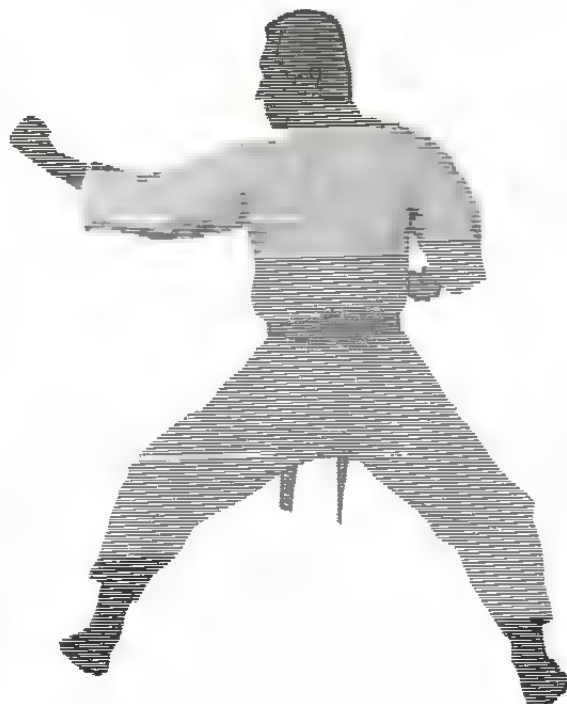
101 ... continuing the action, your body turns to the left and pivoting on the right foot, step to the rear, whilst continuing the wrist twist raising the arm high

103. ... as your weight drops down, perform a downward back fist strike to the upper level *Fast*. Note. This turning technique is performed in one continuous action

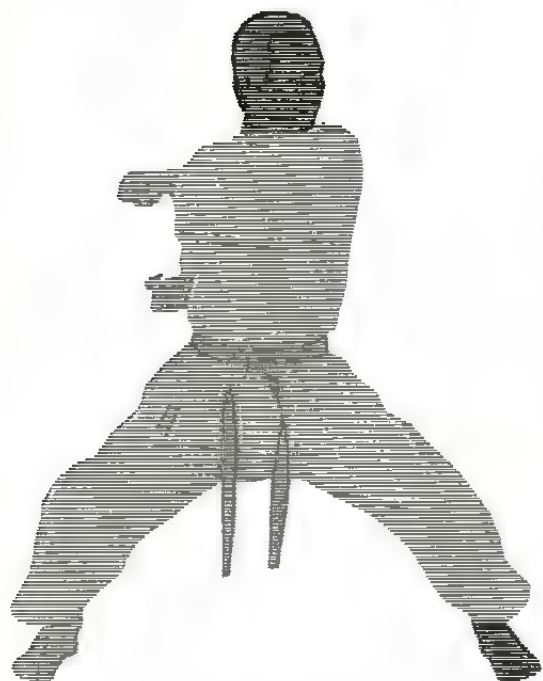
Side View

104 Pull the left hand back across your body...

54



55



Side View



Side View

105. ... and sliding both feet toward your opponent, perform a left hammerfist strike. *Fast.*

Side View

109 Pivot around on the right foot and swing the left arm high above the head – at the same time raise your left foot in a high arc to the right ...

Side View



56



106 Without changing your stance, twist your upper body to the left and perform a right elbow strike into your left palm. *Fast*

57



107 Look over your right shoulder to the rear and pull both hands down to your left side – the right vertical fist on top of the left fist.

58



108 Perform a downward block with the right arm. *Fast*.

110 ... land with a strong stamp kick into a straddle leg stance and perform a simultaneous double block with both arms moving in a circular anti-clockwise motion – the left arm swings downward, palm upward and the right arm swings upward. *Fast*.

111 Perform a downward punch under the left wrist which is pulled slightly towards you. *Fast*.

112 Slide both feet inwards to increase your height and bend your arms upward, opening your hands but still keeping them crossed at the wrists.

59



60



61



113. ... raise your crossed hands above your head in a block. . Natural stance. Fast.



114. ...keeping your hands crossed, turn in a clockwise direction, pivoting on your right foot..

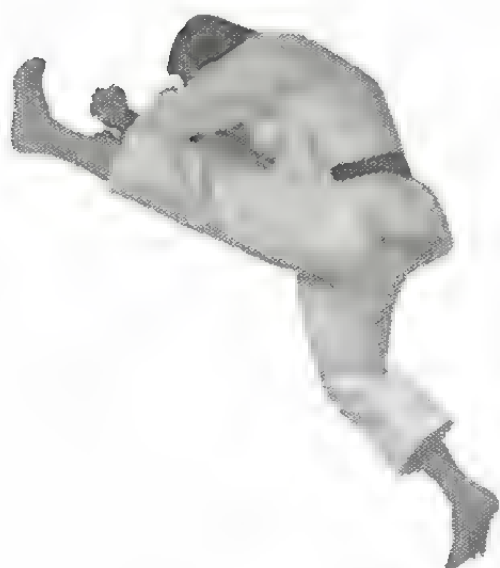


115. ...and moving your left foot around. .

Side View

118.

Side View



62



116. ... changing to right front stance, at the same time pulling your crossed hands down slowly but strongly to the middle-level – clench your fists *Slow*.

Side View

63



117. Keeping your hands crossed jump into the air and perform a double front kick first with the left foot...

119. ... followed by the right foot. *Fast*

Side View

120. As you land, adopt a right front stance, and perform a downward back-fist strike with the right hand *Fast*. Note the left hand is pulled back to the left hip.

64



KIAI

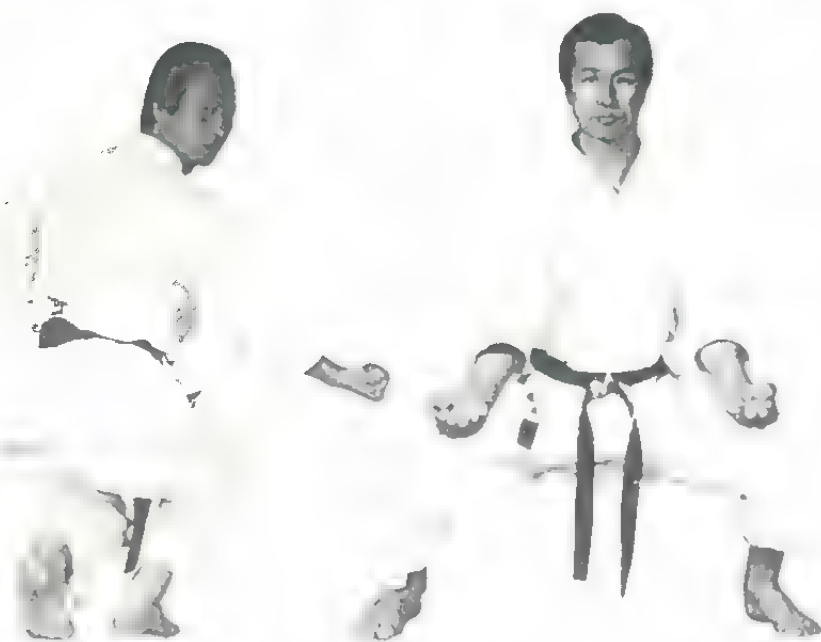


65





Side View



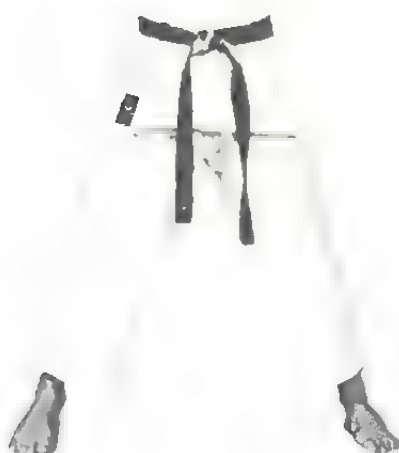
121 To return to the starting position (Yoi) turn in a clockwise direction, pivoting on the right foot, whilst lowering the body and circling the right arm downward...

122. ... the left foot steps around into a straddle leg stance and the left hand moves out to level and distance from the body as the right ...

123 ... as you raise your body, lift both arms up in a big movement, complimentary to the circular arm movement at the beginning of the Kata...

124 ... continue the movement by crossing the arms ...

125 ... back to the natural stance.





1. (12) As your opponent makes his attack with a right to the face, move forward into a left back stance and performing a right knife hand block, deflect his punch with the back of your hand and forearm covering your body with the left arm across it.



2. (25) As your opponent attempts a stepping punch to the face, position your body, and block the blow by striking it with your right back fist, and at the same time attack your opponent's right side or armpit with a side (or thrust) kick

3. (35) Intercept the right punch to your face with your open left hand positioned close to the forehead, and retaliate by delivering a powerful knife hand strike to his neck or face



4. (41) Throw your opponent to the floor by simultaneously pulling his right thigh up and pushing strongly against his chest or neck with your left arm. *Fast*





5. (80) As an attack to your neck from the rear is launched, turn and raising your knee to protect the stomach, lunge forward and strike your opponent's jaw, reinforcing the striking fist by placing the left hand against it at the wrist.



6. (101) Do not resist your opponent's natural impulse to pull you towards him after he has caught your wrist from a spear thrust. Rather, move towards him and twisting your body and wrist anti-clockwise, attack his face with your left back fist.

7. (111) As your opponent attacks with a mid-level kick, strike the outside of his ankle with your left hand, and at the same time punch his shin with your fist held vertical (tate-zuki).





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JION

Jion



The distinctive salutation at the beginning of this Kata is a clue to its Buddhist origins, for it was so that the monks of the Jion Temple in China, greeted and made themselves known to each other. To protect themselves during their pilgrimages, the monks were taught 'Kempo' the unarmed fighting system believed by many martial arts historians to be the basis of all subsequent Chinese, Okinawan and Japanese methods. This Kata hides powerful attacking techniques within harmonious peaceful movements, and is a most suitable exercise for mastering advancing and turning together with correct and effective foot movements.



1. Natural stance.



2. (YOI) Move the feet together and wrap your left hand around the right fist – elbows bent and hands at jaw level.



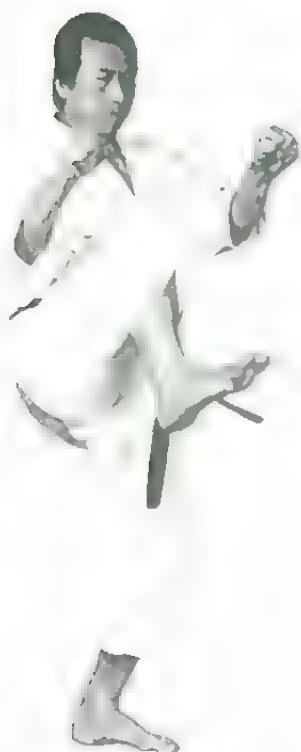
3. Step back with the left foot, crossing the arms, left over right...

4. ... land in a right front stance and perform a simultaneous left downward block and a right inside block. *Fast.*

5. Look 45° to the left and step forward in the same direction crossing the arms in front of the body...

6. ... push your weight forward into a left front stance and twisting the wrists outward, perform a wedge block. *Slow.* Note: co-ordinate leg and arm movements





7. Without moving the arms, raise the right leg...



8. ... and perform a right front snap kick to the middle. *Fast.*



9. ... as the foot snaps back, drive your weight forward, continuing the action...

13. Turn 90° to the right by pivoting on the left foot, and describing a large arc with the right...

14. ... land in a right front stance and twisting the wrists outward, perform a wedge block. *Slow.*

15. Without moving the arms, raise the left leg...



6



7



8



10. ... land in a right front stance and perform a right lunge punch to the middle. *Fast.*

11. Perform a left reverse punch to the middle. *Fast.*

12. ... and a right straight punch to the middle. *Fast.*

16. ... and perform a left front snap kick, to the middle. *Fast.*

17. ... as the foot snaps back, drive your weight forward continuing the action.

18. ... land in a left front stance and perform a left lunge punch to the middle. *Fast.*

10



11



12



19. Perform a right reverse punch to the middle. *Fast*

13



20. ... and a left straight punch to the middle. *Fast*



21. Look to the front, move the left foot across to the left, pulling the left fist back to the hip and raising the right arm ...

25. ... land in a right front stance and perform a right rising block. *Fast*

16



17



26. Instantly perform a left reverse punch to the middle. *Fast*

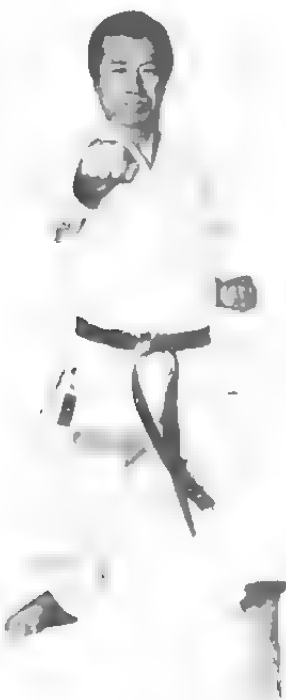
27. Step forward with the left foot, raising the right arm hand open pulling the left fist back to the hip ...



14



15



22. ... step forward into a left front stance and perform a left rising block. *Fast.*

23. Instantly perform a right reverse punch to the middle. *Fast.*

24. Step forward with the right foot raising the left arm, hand open and pulling the right fist back to the hip.

28. ... land in a left front stance and perform a left rising block. *Fast.*

29. Instantly step forward, keeping the left arm in the rising block position.

30. ... and landing in a right front stance perform a right lunge punch. *Fast.*

18



19

KIAI



20



31. Turn 270° around to the left and pivoting on the right foot, swing the left leg around to the left, crossing the left arm (palm to ear) over the right arm ...

32. ... step forward into a right back stance ...

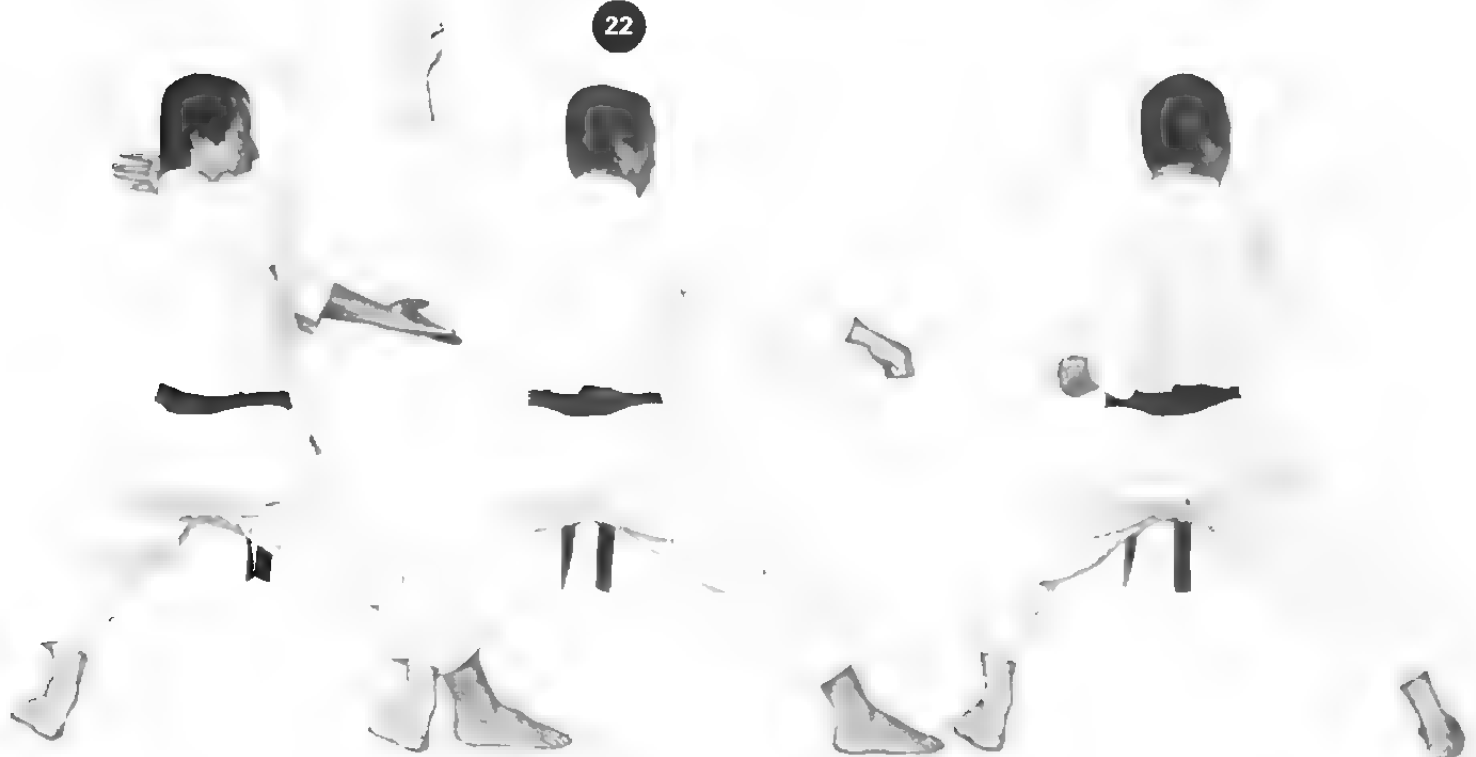
33. ... and perform a simultaneous left downward block and right inside block, to the upper level which finishes behind the head. *Fast*

36. Turn 180° around to the right (to face in the opposite direction) and shifting your weight back on to the left leg, cross the right arm over the left arm ...

37. ... land in a left back stance and perform a simultaneous double block as before *Fast*

38. Swing both arms back to the left side ...

22



21



34. Pull both arms back to the right side...

35. ... and sliding to the side, land in a straddle leg stance and perform a right hook punch. The left hand pulls back to the hip. *Fast.*

Front View

39. ... and sliding the feet to the right, land in a straddle leg stance and perform a left hook punch. *Fast.*

Front View

40. Look 90° to the left and move the left foot in toward the right and then forward, crossing the left arm over the right shoulder...

23





Side View

41 land in a left front stance and perform a left downward block. *Fast.*

Side View

43. Twisting the hips as you land in a straddle leg stance, perform a right palm-heel block to the side of your body. *Fast*

Side View

Front View





42. Step forward with the right foot and swing the right open hand (wrist bent backwards) out from the side of the body in an arc.

Side View

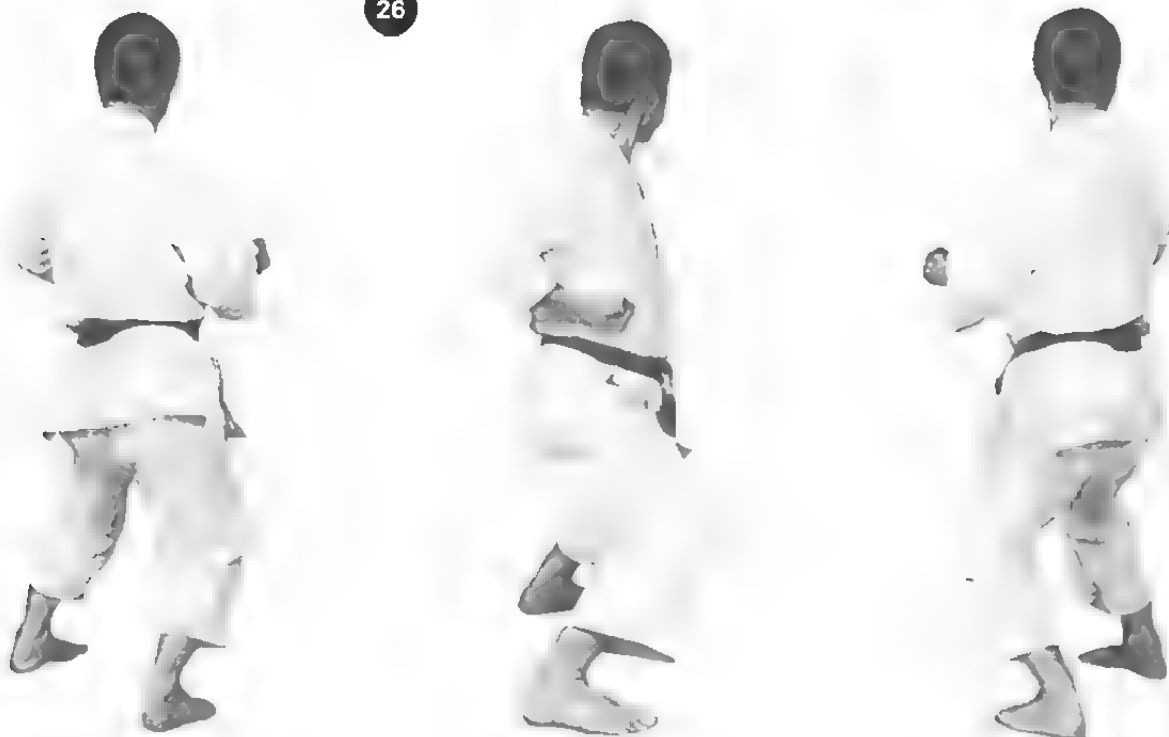
Front View

44. Step forward with the left foot and push the left open hand, wrist bent backwards, out from the side of the body...

45. ... twisting the hips as you land in a straddle leg stance, perform a left palm heel to the side of your body. *Fast*

46. Step forward with the right foot and push the right open hand (wrist bent backwards) out from the side of the body...

26



27



47. ... twisting the hips as you land in a straddle leg stance, perform a right palm-heel to the side of the body. *Fast.*



48. Turn 270° around to the left and, pivoting on the right foot, swing the left leg around and cross the left arm over the right arm ...

28



49. ... land in a right back stance and perform a simultaneous double block-left downward block and right high inside block. *Fast.*

53. ... land in a left back stance and perform a simultaneous double block as before. *Fast.*

54. Swing both arms to the left in a big movement ...

55. ... and moving the left foot to the right, perform an upper-level augmented block as before. *Fast.*

30



31



29



50. Swing both arms to the right in a big movement...

51. ... and moving the right foot to the left foot, perform an upper-level augmented block. *Fast.*

52. Look 180° to the right (to face the opposite direction) and step forward with the right leg, crossing the right arm over the left arm.

56. Slowly cross the arms in front of the body and turn to face the front.

57. ... pull arms down and out to the side. *Slow.*

58. Lift the right knee up and pull both fists back to the sides. Start shifting your weight to the front.

32



33



59 ... leap forward and drop down into a crossed stance – the left foot (heel up) behind the right foot (flat) and perform a cross block. *Fast.* Note – keep the body straight.



60 Step back with the left foot ...

34



61 ... into a right front stance and swing both arms out to the sides. *Fast.*

65 ... land in a right front stance and perform an upper-level cross block. *Fast.* Note the right fist is in front.

66 Without moving the legs, snap the right fist (palm up) to the front, whilst keeping the left arm in the same position. *Fast.*

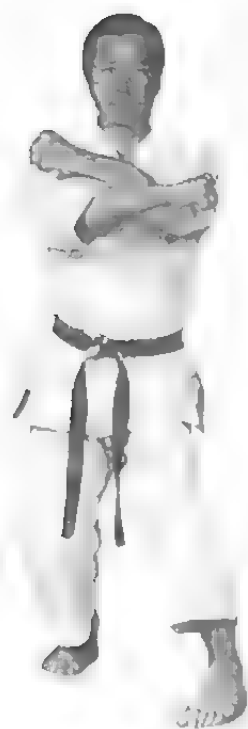
Side View

36



37





35



62. Step forward with the left foot and cross the arms in front of the body...

63 ... land in a left front stance and twisting both wrists outward, perform a reverse wedge block. *Fast.*

64 Step forward with the right foot and push the right arm under the left arm...

67 Continue the action, pull the right arm back and swing the left arm downwards across the body...

68 ... at the completion of the movement – the left arm is straight and the right fist held above the right shoulder at about head height...

69 ... continue the movement by snapping the right fist forward in a close punch and simultaneously pull the left arm in toward the body. Right elbow on top of the left wrist. *Fast.*



38



39





70. Turn 270° around to the left and pivoting on the right foot, swing the left leg around to the left, crossing the left arm under the right arm.

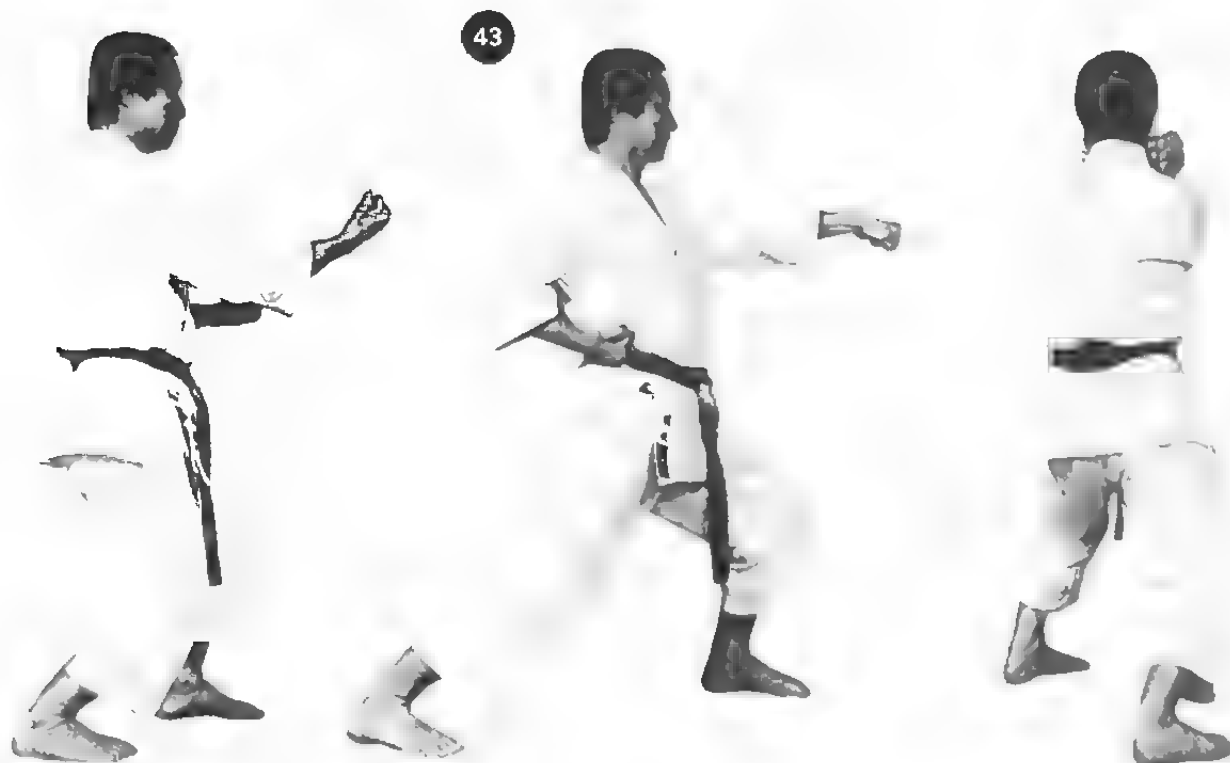
71. land in a left front stance and perform a left inside block. *Fast.*

72. Step forward with the right foot . .

76. Step forward with the left foot . .

77. . . land in a left front stance and perform a left lunge punch. *Fast.*

78. Turn 90° to the left and pivoting on the right foot, step the left foot across to the left, crossing the left arm over the right arm . .



41



73 and perform a right lunge punch *Fast.*

42



75. ... land in a right front stance and perform a right inside block *Fast.*

74 Turn 180° around to the right (to face the opposite direction) and pivoting on the left foot, swing the right leg around whilst crossing the right arm under the left arm ...

Side View

79 ... land in a left front stance and perform a left downward block. *Fast* Side View

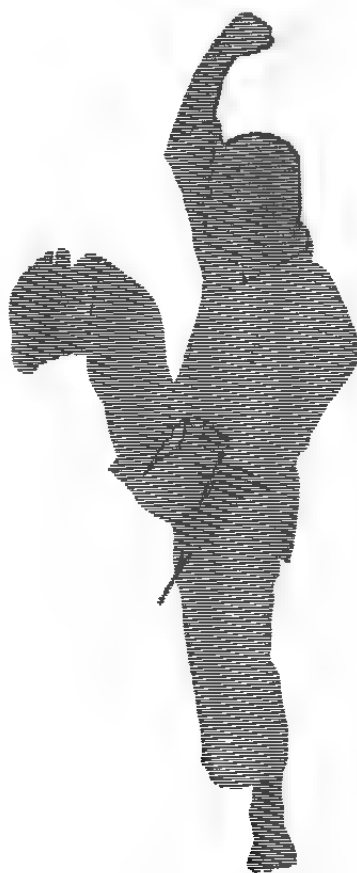
44





80 Lift the right knee high, at the same time Side View
raising the right arm above the head.

84. Lift the right knee and right arm up Side View
high



45



81. . . pivoting on the left foot perform a
right simultaneous stamping kick and drop-
ping arm strike as shown. Land in a straddle
leg stance. *Fast.*

85. . . pivoting on the left foot, perform
another simultaneous stamping kick and
dropping arm strike – straddle leg stance
Fast

47





Side View



46



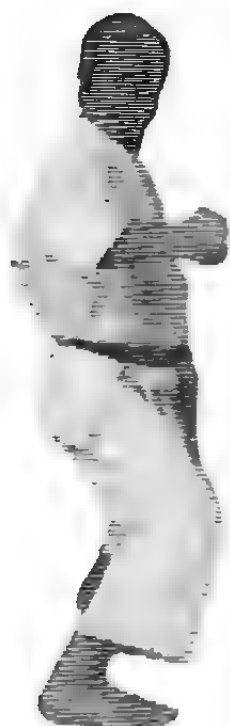
82. Lift the left knee and left arm up high

83. ... pivoting on the right foot, perform another simultaneous stamping kick and dropping arm strike – straddle leg stance. *Fast.*

Front View

86. Turn 270° around to the left and pivoting on the right foot, pull the left foot back to the right, crossing the right arm (open-hand) over the body past the left shoulder.

87. ... step to the left into a straddle leg stance.



48



49



88. ... and pulling to the right of the chest, fist back to the right side perform a left, side punch. *Slow with focus*. Note: the action is like pulling a bow.

50



89. Look over your right shoulder and without moving the right arm, cross the left arm (open-hand) over the right.

92. (YAME) Look to the front and pull the right foot back to the left and bring the hands to the front of the body...

93. ... return to the starting position – feet together and the left hand wrapped around the right fist

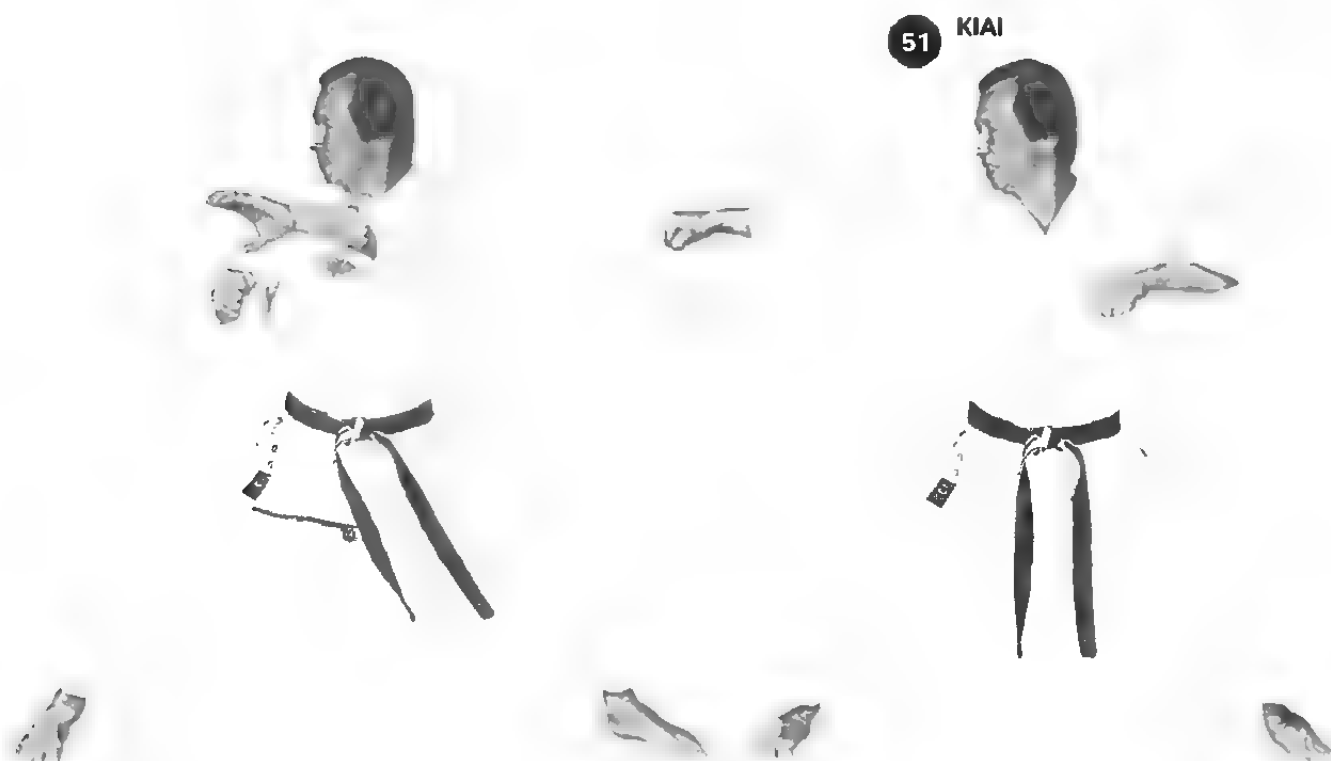
94. Back to natural stance.

52



53





90 ... slide both feet to the right to land in straddle leg stance again ...

91. ... and pulling the left fist back to the left side of the chest, perform a right side punch. *Slow with focus.* Note: the action the same as in description 49.

Applications

1. (4) Neutralise your opponent's right kick and left punch to the stomach, by stepping back with the left foot and delivering a downward left hand block to deal with the kick, and a right inside block to stop the punch

2. (37) As the kick to your stomach comes in from the side, stop it with a right down block and at the same time raise the left arm behind the head, to prevent an attack from behind





3. (43) Avoid the right stomach punch by adopting a straddle stance, and block the attacking hand with the 'heel' of your right to the attacker's wrist, (for a block) or biceps, (for a block and attack)

4. (55) Your antagonist attempts an attack on your head with his left. As he does so, move your left foot up to your right, blocking, and attacking his face simultaneously with a high right angled block, reinforced with the left fist to the elbow as shown.

5. (59) Pre-empt a front kick by stepping forward into a low crossed stance, (left foot behind right, right arm above the left) and striking your opponent's shins before the full power of the kick has developed.

6. (69) Intercept and knock down your opponent's punch to your stomach with your left arm, at the same time striking at his jaw with your right fist

7. (81) As your opponent attempts a stepping punch with his right, attack his right leg with a stamping kick to the knee or instep, and at the same time bring your arm down from above your head, squaring your arm at the point of impact.

8. (91) Catching your attacker's left punch, pull his arm forward with your left hand to the side of the chest and strike him in the stomach with your right simultaneously.





燕飛

EMPI

Empi

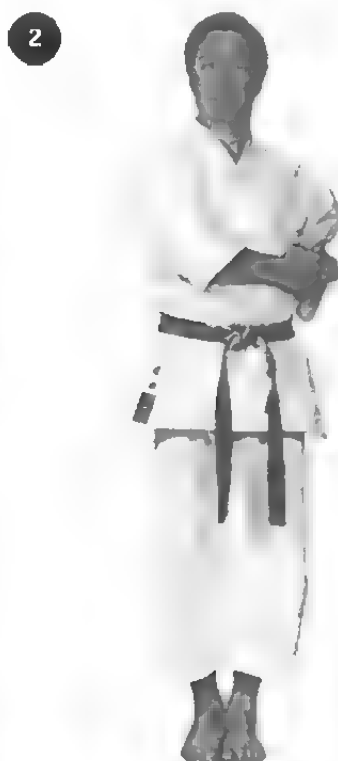


'Flight of the Swallow'

So named because of the similarity of its sharp, snappy movements with the joyful flight of swallows. It is unusual in that the performer deliberately creates 'unguarded moments' or weaknesses in his defence, in an attempt to induce his enemy to attack. Including high and low turning techniques, it gives an overall impression of great speed and lightness of movement.



1. Natural stance.



2. (YOI) Bring the feet together and place the right vertical fist against the left open palm on your left side.



3. Step to the left with the left foot whilst simultaneously looking 45° to the right and dropping the body downwards. Swing the right arm across the body.

4. ... and perform a right downward block. The left hand which closes into a fist is pushed to the centre of the chest. The right knee lands next to the left heel. *Fast*

5. Stand up and pull the right arm across ...

6. ... to the left side of the body – right vertical fist on top of the left fist. Stand in natural stance.





7 Step to the right with the right foot and swinging the right fist up to the left shoulder . .

8 assume a right front stance, and perform a downward block. *Fast*

9. Pull the left foot back to the same line as the right and use the swing of the right arm to perform . .

13. Twist the hips to the front, and pulling the left fist back to the hip, start to perform a right rising punch . .

14. . . extend the arm upward as the wrist is twisted . .

15 to complete the technique *Fast*.



6



10. ... a left hook punch as you look to the front and land in a straddle leg stance. *Fast.*

7



11. Step forward with the left foot, and crossing the left arm over the right ...



12. ... land in a left front stance and perform a left downward block. *Fast.*

16. Without moving the arm, open your hand by slightly twisting the wrist.

17. Without moving the arms, lift the right knee up

Side View

9



10



18. ... and step forward, dropping into a deep crossed stance. Simultaneously perform a left downward punch and pull the right fist across and up to the left shoulder. *Fast.*

Side View

19. Step backwards with the left leg and continue to look to the front, while swinging the right arm down across the body...

Side View

22. ... as the body straightens up, perform a left downward block. *Fast*

Side View

12



11



20. ... to land in a deep left front stance as you perform a right downward block, leaning away so that the body and blocking arm are in alignment. *Fast*

Side View

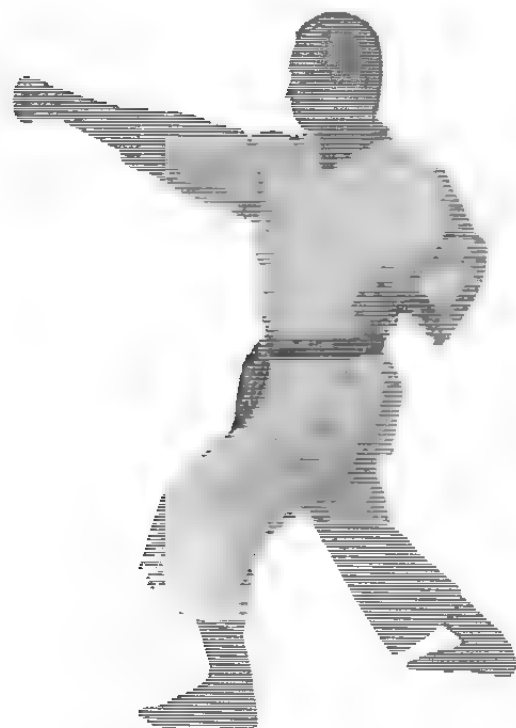
21 Turn to face the rear and rotating your hips to the left, cross the left arm over the right

23 Start to perform a rising punch

Side View

24. ... midway stage ...





Side View

13



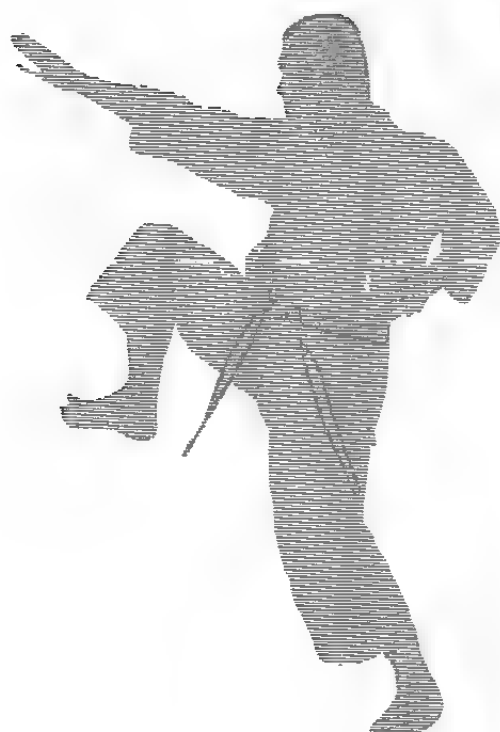
25. completion of the rising punch with full hip rotation. *Fast.*



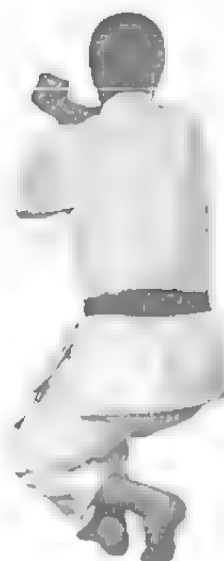
Side View

Side View

28. . and step forward, dropping into a deep crossed stance, simultaneously perform a left downward punch and pull the right fist across, and up to the left shoulder. *Fast*



15



14



26. Without moving the arm, open your hand by slightly twisting the wrist. Side View

27. And without moving the arms, lift the right knee up.

29. Step backwards with the left leg whilst continuing to look over your right shoulder, and swinging the right arm down across your body...

Side View

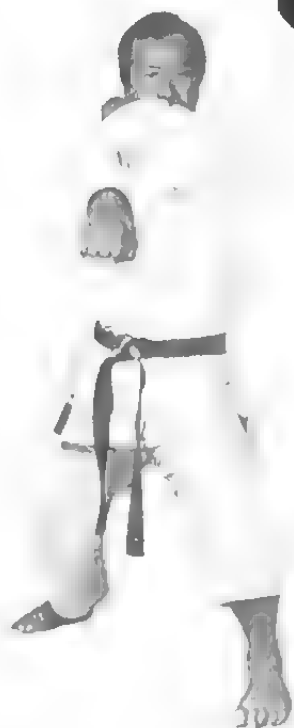
30. ... land in a deep left front stance and perform a right downward block, leaning away from the block as before. Fast

16





Side View



17



31. Turn to face the front and rotating your hips to the left, cross your left arm over your right . . .

32. . . as the body straightens up perform a left downward block. *Fast*

36. the circle at full height—the right fist remains at the side throughout the movement

37. . . still watching the hand lower your weight down assuming . .

38. . . a straddle leg stance. Your left hand is in front of you, slightly to the side.



18



19





33. Shifting your weight back onto your right leg, slowly pull the left foot back toward the right and opening your hand begin circling your left arm in front of your body...



34. ... co-ordinating both limbs, lift your leg and circle it in the same direction as your arm (palm facing you)...

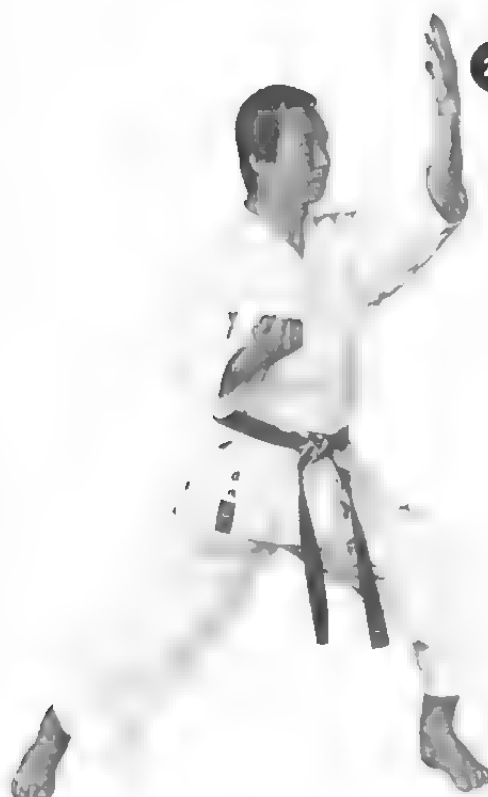


35. ... continue the slow circle, your eyes following your hand movement...

39. Without moving the left arm, simultaneously lift the right foot up and swing the right arm across your body...

40. ... and as the right forearm strikes the left palm your right leg crosses your left behind the knee *Fast*

41. Cross the left arm (hand open) under the right arm and step back...



20 KIAI

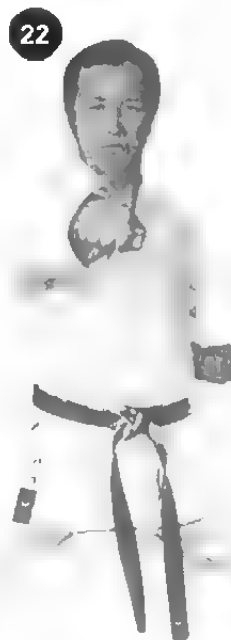




42. ... into the previous position – straddle leg stance



43. ... sweep the left hand out to the front, performing a mid-level knife-hand block.



44. Perform a straight punch with the right arm ...

48. Start to perform a rising punch ...

49. ... midway stage ...

50. ... completion of the rising punch with full hip rotation. *Fast*



23



45. ... and then the left. *Fast.*

24



46. Look and step to the left crossing the left arm over the right...



47. ... on reaching a left front stance, perform a downward block. *Fast.*

51. Step forward with the right foot crossing the right arm over the left (hand open, palm to ear)

52. ... land in a left back stance and perform a knife-hand block. *Fast.*

53. Pull the right foot back to the left and cross the left arm over the right...

26





54 ... step forward with the left foot into a right back stance and perform a knife-hand block *Fast*. Note, only the foot positions have been reversed – the body has not advanced.

55. Without moving the legs, perform a right reverse punch *Fast*.

56. Step forward with the right foot, crossing the right arm over the left.

60 Start to perform a rising punch ...

61. ... midway stage

62. ... completion of the rising punch with full hip rotation. *Fast*.



29



57. ... land in a left back stance and perform a knife-hand block. *Fast.*

30



59. ... land in a left front stance and perform a downward block. *Fast.*



63. Without moving the arm, open your hand by slightly twisting the wrist.

64. Without moving the arms, lift the right knee up.

65. ... and step forward, dropping into a deep crossed stance. Simultaneously perform a left downward punch and pull the right fist across and up to the left shoulder. *Fast.*

32



33



34

66. ... Step back with the left leg and continuing to look over your right shoulder, swing the right arm down across the body ...

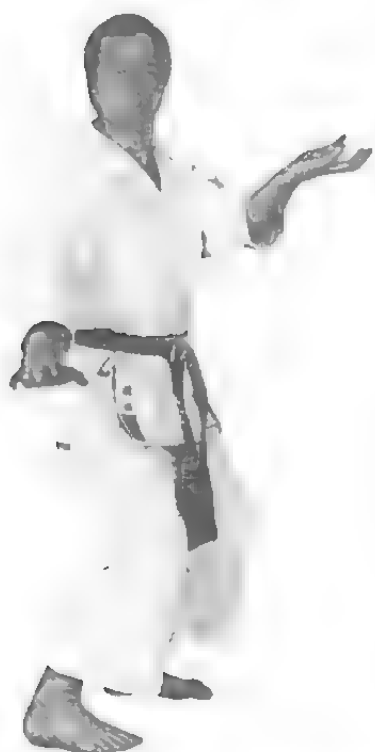
67. ... land in a deep left front stance, and perform a right downward block, swinging away from the block as before. *Fast.*

68. Look in the opposite direction, over your left shoulder and straightening the body, cross the left arm over the right ...

72. Turn to face the front and move the right leg through 90° towards a front stance, whilst swinging the open left hand up from the hip and lowering the right open hand ...

73. ... continue stepping forward, whilst pressing the left palm heel downwards and lifting the right palm heel upwards ...

74. ... land in a right front stance ...



35



69. ... and perform a left downward block. *Fast.*

36



71. ... perform an upward block at 45° with the palm heel. *Slow*

70. Look 45° to the right and slowly swing the right open hand (wrist bent backwards) down and then upwards, whilst pulling the left fist back to the hip ...

75. ... and perform a simultaneous double palm heel block – the left hand a downward block, the right hand a mid-level block. *Slow.*

76. Step forward with the left leg whilst raising the right open hand ...

77. ... land in a left front stance and press the left palm heel up and the right palm heel down – reversing the position of the previous technique. *Slow*

37



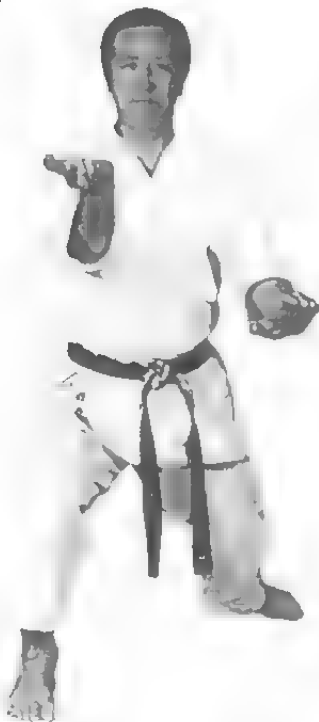
38



39



78. Step forward with the right leg whilst raising the left open hand . . .



79. land in a right front stance and press the left palm heel down and the right palm heel up. *Slow.*



80. Move the right foot to the left until it is on line with the left foot and cross the right arm over the left . .

Side View

84. Turn 180° around to the left (to face the rear) and as you swing around . .

85. . . leap high . .



40



81. Push both feet forward to land in a left back stance and perform a right downward block. *Fast.*

41



82. Push the feet forward and thrust both open hands out from the body...



83. ... land in a straddle leg stance with both arms thrust out to grasp – right hand low, left hand high and both on the same vertical line. *Fast.* Note the upper body is leaning slightly forward in the direction of the hands

86. ... turning in mid-air and crossing the left arm over the right...

87. land in a left back stance and perform a right knife-hand block. *Fast.*

88. Step back with the right leg crossing the left arm (palm open) over the right...

42

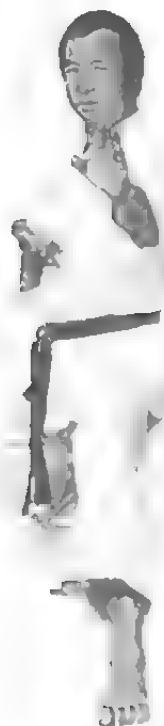


43

KIAI



44



89. Land in a right back stance and perform a left knife-hand block. *Fast.*

45



90. (YAME) Pull the left foot back to the right and bring the right arm across your body...

91. ... to return to the starting position feet together and right vertical fist against the left open palm

92. Back to the natural stance

46





1. (4) As the kick to the stomach is made from the front, step to the left, and going down on your right knee block the attack with a right down block, keeping the left arm, (palm upwards) across the body for protection



2. (15) After the block, the right back fist delivers a rising punch to his jaw.

3. (20) The attacker's front kick is stopped by a down block as you step back into a forward stance, throwing your weight to the rear with the body in line with the back leg, and face towards the opponent, as shown



4. (33) You are in a left front stance. Your opponent tries an ankle sweep on your left foot. Bring back your left foot quickly to your right, shifting all your weight onto the right rear leg.



5. (36) (from application 4) As your attacker moves in from the left at an angle of 45° with a right punch to your face, swing your left foot in a wide arc and land a stamping kick to the inside of his knee. At the same time with the left open hand, attack his right biceps with the inside of your arm by means of a right angled block.

6. (40) (from application 5) . attack your opponent's face using a sweeping movement of the right arm to hit him hard with the inside of your right arm and elbow. Simultaneously, bring your right instep into the hollow behind your knee, causing it to bend for better balance

7. (43) At the end of Appl.6 a straight punch attack is made to your stomach. Move your right foot back into a straddle stance, and moving your left arm across the body from right to left to strengthen the next technique, perform a straight block with knife hand technique to your opponent's biceps

8. (86) As the staff is swung at your legs, leap high in the air turning anti-clockwise, and crossing your arms before you, prepare to perform a knife hand block

9. (87) from Application 8. As your opponent sweeps back with his weapon, land in a back stance and complete the knife hand strike against the staff

10. (84) Grasp your opponent at the shoulder and under the groin, and with a circular movement, lift him over your shoulder and throw him to the floor.





半月

HANGETSU

Hangetsu



'A crescent Moon'

Literally half or crescent moon, the Kata takes its name from the distinctive curved foot movements which are given special emphasis in this exercise, due to their effectiveness in close quarters fighting. The combination of breath control and tension and contraction of muscles as the techniques are performed, develops muscles, strength and great stamina.

1



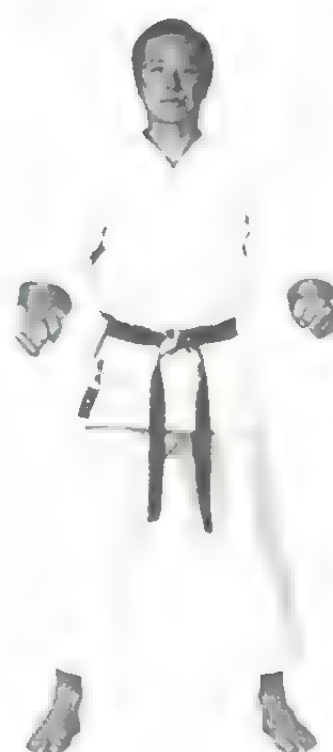
1. Natural stance.

2



2. Cross your arms in front of your body ...

3



3. (YOI) ... to the starting position

4. Move the left foot forward in an arc crossing the left arm under the right ...

5. ... land in a left hour-glass stance and swing the left arm out ...

6. ... perform an inside block pulling the right fist back to the side. *Slow.* Gradually applying power to the whole body. Note, this applies to all the following inside blocks and punches.



3





7. Without moving the legs, pull the left fist back to the left side, whilst extending the right fist ...

8 ... perform a reverse punch gradually applying full power using the whole body and muscles.

9. Move the right foot forward in an arc crossing the right arm under the left ...

13 ... perform a reverse left hand punch.

14. Move the left foot forward in an arc, crossing the left arm under the right ...

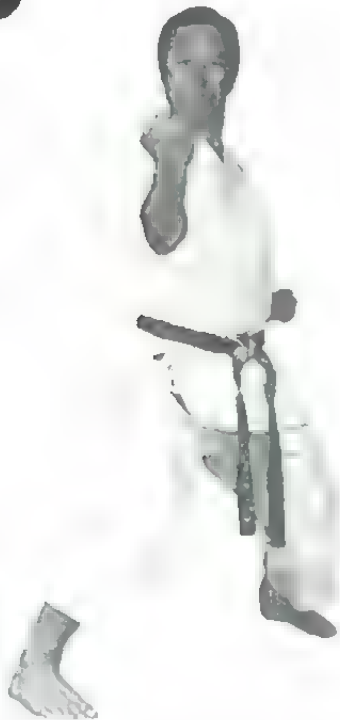
15. ... midway position



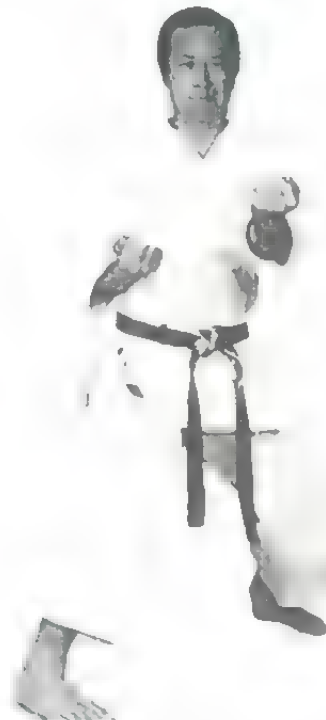
5



10 ... midway posit on ...



11. ... land in a right hour-glass stance and perform a right inside block.



12. Without moving the legs, pull the right fist back to the side whilst extending the left fist.

16 ... land in a left hour-glass stance and perform a left inside block.

17. Without moving the legs, pull the left fist back to the side, and extending the right fist.

18. ... perform a reverse punch.

7



8



9



19. Extend the first knuckle of the index fingers of both hands to form one-knuckle fists.



20. Extend the left fist forward, whilst pulling the right fist back ...



21. ... as soon as they are in line with each other, pull both fists back together ...

25. Open both hands and cross the arms at the wrists ...

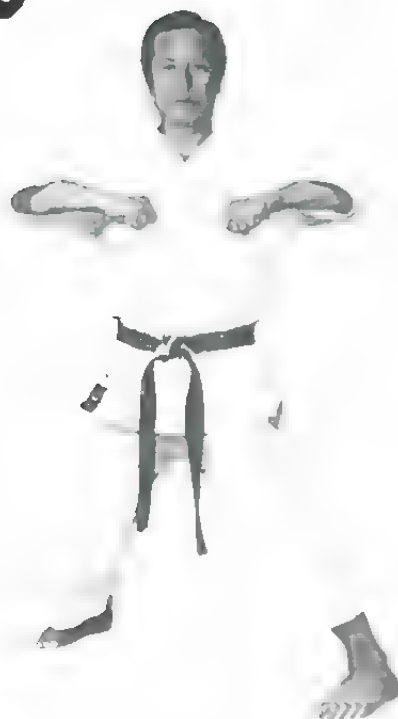
26. ... pull them back above the head ...

27. ... move them out to the sides, turning both wrists outward (palms facing each other). *Slow. Gradually applying power.*



12

10



22. ... to the chest *Slowly*

11



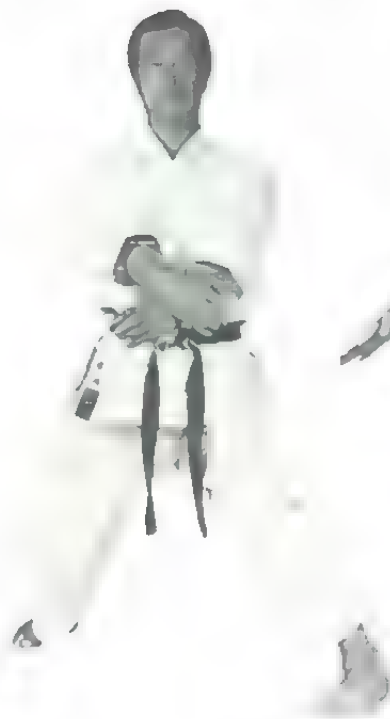
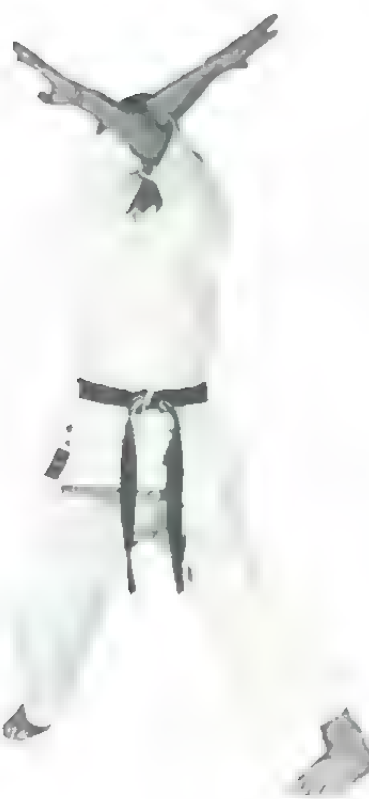
23. Then extending them forward...



24. ... perform a double thrust with both one-knuckle fists. *Slow*. Note. straight one-knuckle punch with both fists

28. Cross the arms and bring them down... 29. ... in front of the body...

30. ... and out to the sides (palms facing down) *Slow*

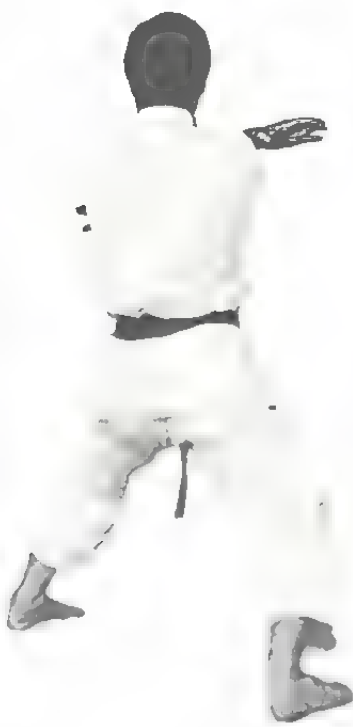


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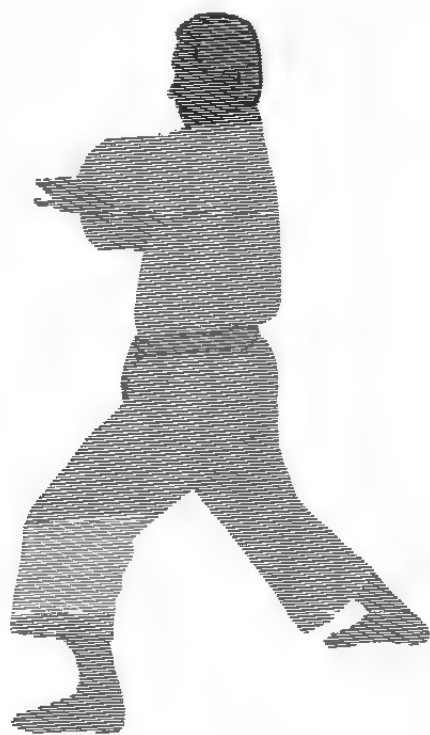




31. Move the right foot forward and turn to your left by pivoting on the left foot ...



32. ... at the same time, cross the left arm over the right arm (both hands still open) ...

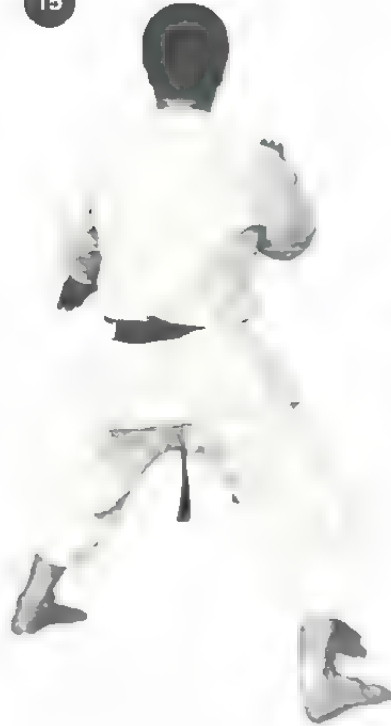


Side View

Side View

35. ... and moving the right elbow out slightly, perform a grasping block *Slow*.

15



14 KIAI



33 ... On completion of the turn assume a left hour-glass stance and perform a simultaneous right arm inside block (hand open) and left downward block (hand open) *Fast*.

Side View

34. Without moving the legs or the left arm, start twisting the right hand to the inside ...

36 Step forward with the right foot, crossing the arms – right over left – in front of the body (Both hands still open) ...

Side View

37 ... and at the completion of the move assume a right hour-glass stance and perform a simultaneous left arm inside block (hand open) and right arm downward block (hand open) *Fast*



16



Side View

38. Without moving the legs or the right arm, twist the left hand inwards ...

Side View

Side View

41 ... and assume a left hour-glass stance and perform a simultaneous right arm inside block (hand open) and left arm downward block (hand open). *Fast.*

Side View



18

17



39. ... and moving the left elbow out Side View slightly, perform a grasping block. *Slow.*



40. Step forward with the left foot, crossing the arms – left over right – in front of the body...

42. Without moving the legs or the left arm, Side View twist the right hand inwards...



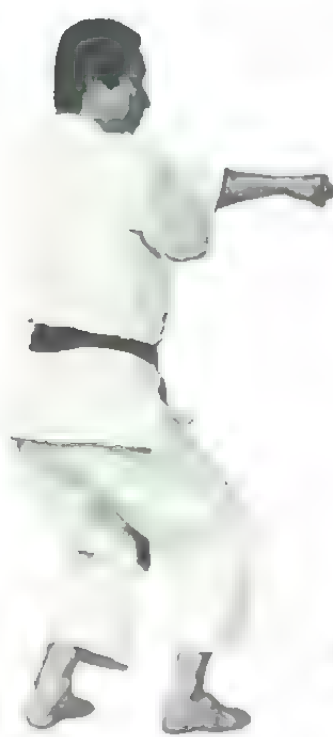
19



43. ... and moving the right elbow out slightly, perform a grasping block. *Slow.*



Side View



20



44. Look 90° to the right and move the right foot in an arc toward the left foot and then to the right, crossing the right arm under the left arm (hands as fists) ...

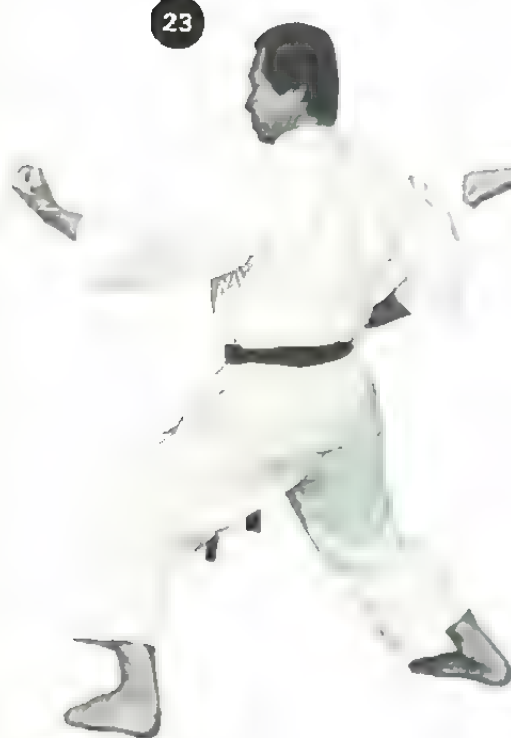
45. ... land in a right hour-glass stance and perform a right inside block. *Fast.*

49. ... to move into a left hour-glass stance and perform a left inside block. *Fast.*

50. Perform a right reverse punch. *Fast.*

51. ... and a left straight punch. *Fast.*

23



24



25





46. Perform a left reverse punch *Fast.*

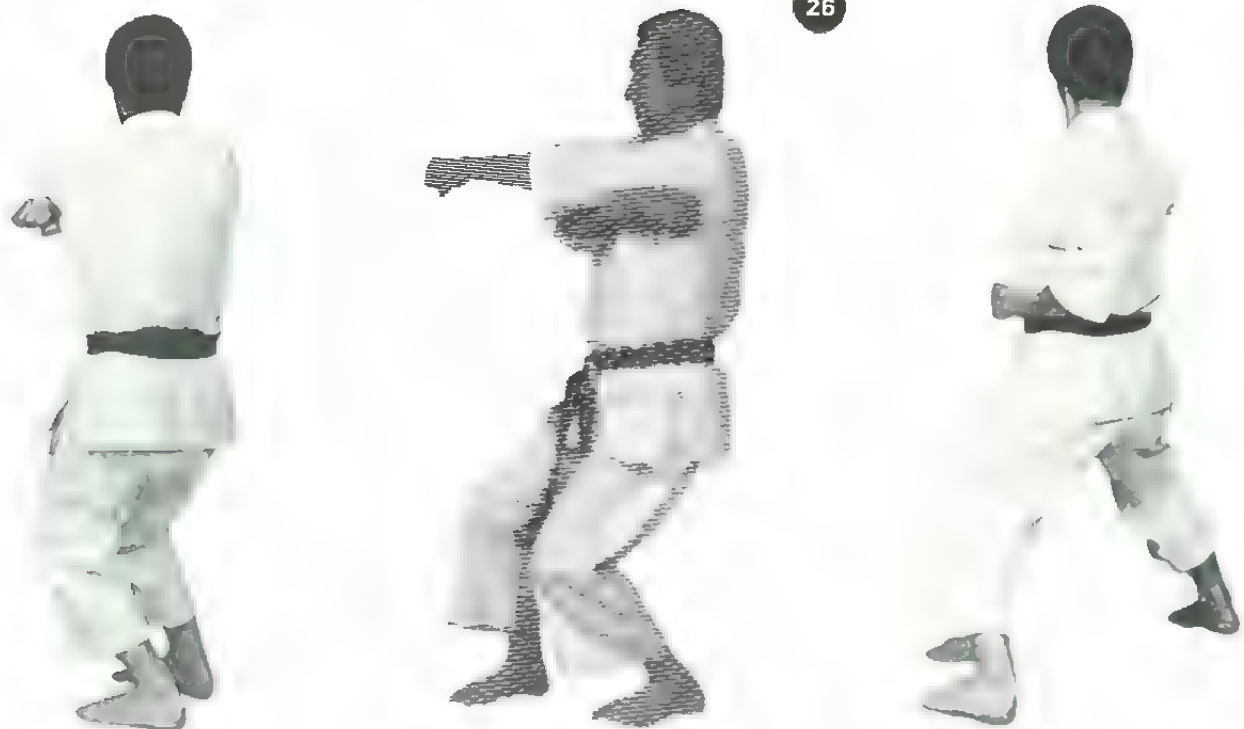
47. ... and a right straight punch. *Fast*

48. Turn 180° around to the left and crossing the left arm under the right, pull the left foot a little across and pivot on the right foot ...

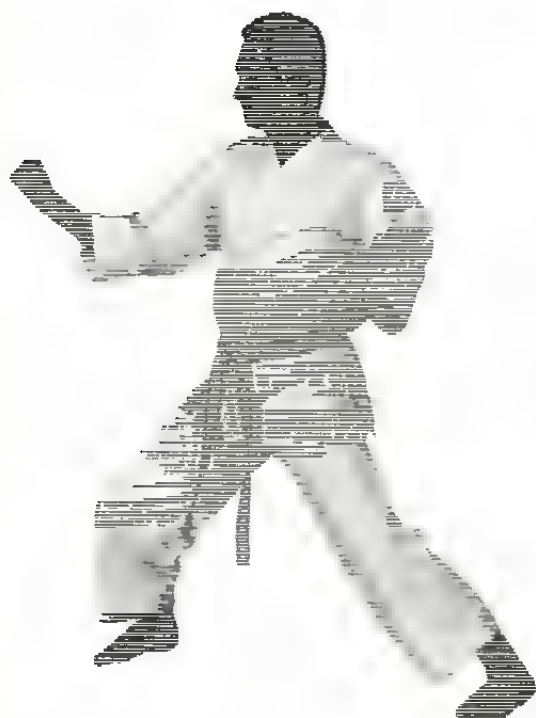
52. Turn 90° to the right and crossing the right arm under the left arm, pull the right foot close to the left foot

Side View

53. ... and then move into a right hour-glass stance and perform a right inside block *Fast.*



27



Side View



54 Perform a left reverse punch. *Fast.*



Side View

57. ... lift the left foot up and swing it around in an arc, whilst simultaneously raising the left fist up high ...



29

58 ... lower your arm and leg slowly coordinating their descent as you move into a right back stance and perform a left back fist strike. *Slow*



30

59. Without moving the arms, slowly advance the right foot in front of the left ...



28



55 ... and a right straight punch. *Fast*



Side View



56 Look 180° around to the left and pull the left foot back to the right foot, whilst crossing the left arm under the right ...

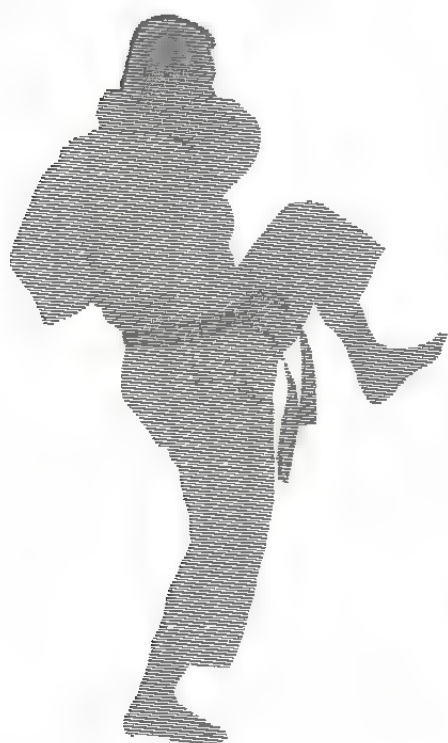
60 ... perform a left front snap kick whilst simultaneously pulling the left fist back above the right shoulder – right fist stays at the side. *Fast.*

Side View

61. As the foot snaps back, push your weight forward

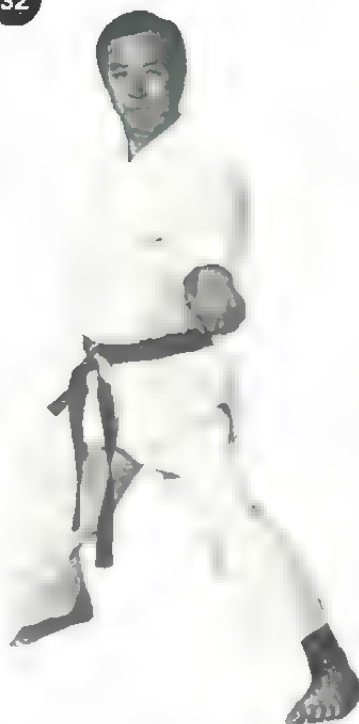
31





Side View

32



62 ... and as you land in a left hour-glass stance, perform a left downward block. *Fast.*

33



63 Perform a right reverse punch. *Fast.*

66 ... lift the right foot up and around in an arc, simultaneously raising the right fist.

Side View

35



36



67. ... lower your arm and leg slowly – as before and move into a left back stance, performing a right back fist strike. *Slow*

34



64 Perform a left rising block. *Fast.* Note: the kick, block punch and block sequence are all performed as a fast combination.

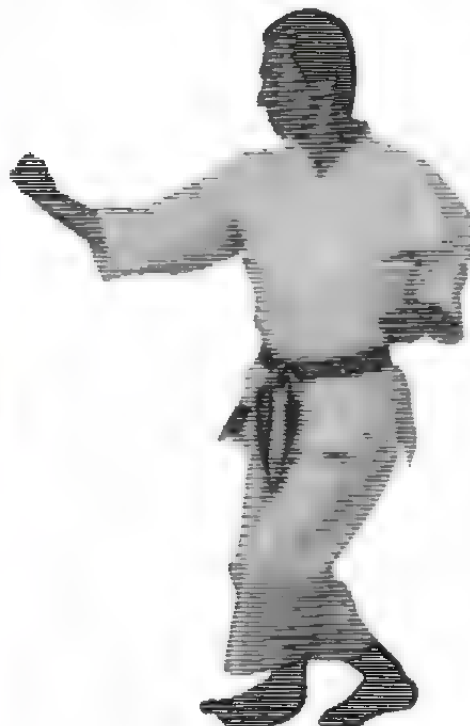
65. Turn 180° around to the right and pull the right foot back to the left foot, whilst crossing the right arm under the left...

Side View

Side View

68. Slowly advance the left foot in front of the right...

Side View



37



69. ... perform a right front snap kick whilst simultaneously pulling the right fist back above the left shoulder *Fast* Side View

70. ... as the foot snaps back, push your weight forward ...

72. Perform a left reverse punch. *Fast.* Side View

73. Perform a right rising block *Fast*

39



40



38



Side View

71. ... and as you land in a right hour-glass stance, perform a right downward block
Fast.



Side View

Side View

74. Turn your head 180° to the left and pull the left foot back to the right, crossing the left arm under the right arm...

75. ... lift the left foot up and around in an arc, simultaneously raising the left fist above head height...



41



42



76. ... lower yourself slowly down into a right back stance, performing a left back fist strike *Slow*.

43



77. Open the left hand and swing the right foot up and around...

78. ... perform a crescent kick with the sole of the foot into the left palm *Fast*

82. ... move towards a left cat stance with-drawing the hands farther...

83. Slowly thrust both palm heels together and forward in a palm block, while performing a left cat stance.

84. (YAME) Move the left foot back, crossing the arms in front of the body...

45





79 Pull the foot back to the rear...

44 KIAI



80. ... and landing in a left hour-glass stance perform a right punch to the lower-level. Fast



81. Pull the left foot back toward the right, and opening both hands, pull the right back to the side...

85 ... and return to the natural stance.

46





1. (27) Block the attack to your face by bringing both arms back to the body and raising your arms above your head with palms facing and elbows bent, arms squared as shown

2. (27) You are seized from behind in a bear hug . .

3. (30) (from application 2.) . . in a continuous movement cross your hands high above your head then strike down at your opponent's groin with a powerful knife hand technique.

4. (33) To protect yourself from this type of attack, perform a simultaneous inside block, (palm upward hand open), and left downward block combination technique as shown.

5 (35) (from application 4) . . as you successfully complete the blocking technique, turn your right hand in an anti-clockwise direction, and grabbing your opponent's wrist pull downwards to unbalance him.

6 (83) As the attack is made, move your left foot back into a cat stance and block the kick with the back part of your palms, close to the wrist, against your opponent's shins (hands held together)



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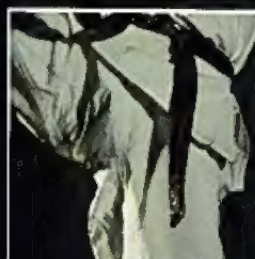
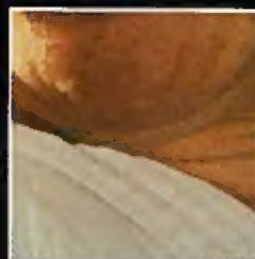
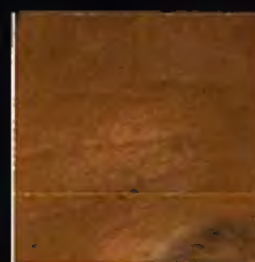
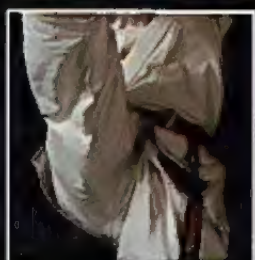
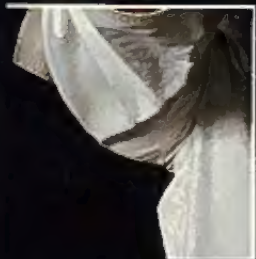
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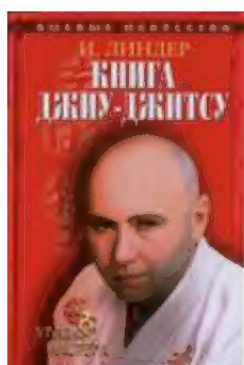
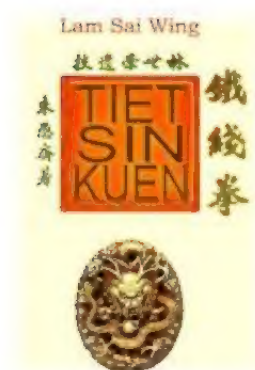
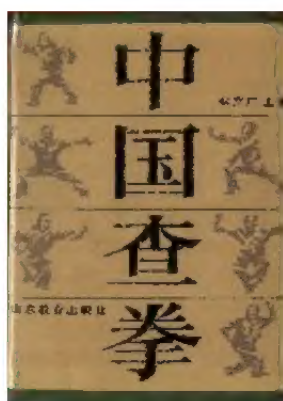
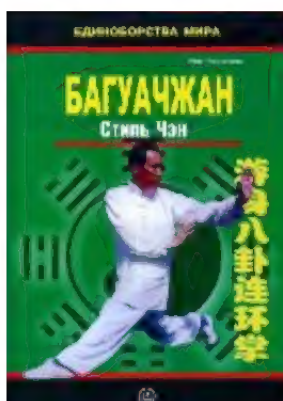
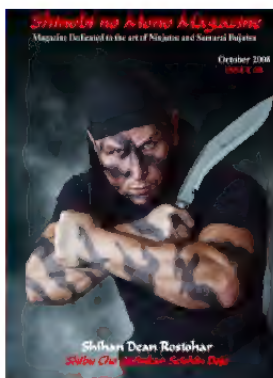
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